

Choco Fever Dream

French Onion Chicken Orzo Casserole

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Medium** Difficulty	**French** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 2 large yellow onions, thinly sliced
- [ ] 1 cup orzo pasta
- [ ] 2 cups low-sodium chicken broth
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 2 tbsp butter
- [ ] 1 tbsp olive oil
- [ ] Juice of 1/2 lemon
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (optional)

Instructions

1. Heat butter and olive oil in a large skillet over medium-low heat; add the onions and a pinch of salt, cooking slowly for about 15-20 minutes until deep caramelized.
2. Push the onions to the side, increase heat to medium, and add the diced chicken. Season with pepper and sear until lightly browned, about 5-7 minutes.
3. Stir in the orzo, letting it toast lightly for 2 minutes, then pour in the chicken broth. Bring to a gentle boil, then reduce to a simmer.
4. Transfer the mixture to a greased 9-inch baking dish, sprinkle Parmesan evenly, and bake at 375°F for 20-25 minutes until the top is golden and the orzo is tender.
5. Remove from oven, drizzle lemon juice, garnish with parsley, and let rest 5 minutes before serving.

Nutrition per serving

380 kcal	30 g	35 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the casserole looks dry before baking, add an extra ¼ cup of broth.
- For a richer flavor, substitute half the broth with white wine (non-alcoholic if preferred).
- A pinch of thyme adds a subtle earthiness without overpowering the onions.