



Peppery Parmesan Pasta with Grilled Chicken & Side Salad

Inspired by the classic Italian dish Cacio e Pepe - literally "cheese and pepper" - this modern twist swaps in delicate orzo pasta, rich Parmesan, and a peppery kick, paired with tender grilled chicken and a crisp side salad for a balanced midweek meal.

Nutritional Info

Calories: 381 kcal
Carbohydrates: 32 g
Protein: 39 g
Fat: 12 g

Ingredients

- Chicken Fillet
- Grated Parmesan
- Rocket
- Parsley
- Orzo
- Black peppercorns
- Garlic
- Lemon
- Cherry Tomato

Your Pantry

- Olive Oil
- Salt
- Pepper
- Butter

Allergens

[Wheat \(Orzo\)](#)
[Milk \(Parmesan\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the kettle

2) Prepare the vegetables

Cut the cherry tomatoes into quarters. Peel and crush the garlic. Finely chop the parsley. Use a fine grater to grate a little lemon zest from the lemon.

3) Butterfly the chicken

Butterfly your chicken breast - place your hand on top of the chicken breast, slice lengthways into the chicken, dividing it in half. Stop about 1-2cm from the opposite side so that it opens up like a book lying flat. Place in a dish and cover with the crushed garlic, salt and pepper, a drizzle of oil, and a squeeze of lemon juice. Use your hands to mix it well, then set aside to marinate.

4) Toast the peppercorns

Crush the peppercorns using a heavy object (you can leave them in the bag they came) and then toast them in a pan with no oil, until they start smoking. Then set aside.

5) Grill the chicken

Turn on the grill. Line a grill tray with tin foil (reflection helps the meat to cook underneath). Lay the chicken over the grill rack and grill for 10 minutes. Carefully turn the chicken over and grill for a further 10 minutes. Check the chicken is cooked by cutting through the middle and ensuring no pink remains. (If you don't have a grill you can pan fry the chicken until cooked through). While the chicken is cooking move onto the next step.

6) Cook the orzo

Add the orzo to a pan with 180 ml of boiling water per person. Season with salt and allow to cook for around 7-8 minutes, stirring occasionally. The orzo should be almost done with a little water left in the pan. At this point, add in a knob of butter and stir well. Now gradually add in the parmesan stirring well between each addition until the orzo is silky. Finally add in the black pepper, some parsley and a pinch of lemon zest.

7) Assemble the dish

Plate the orzo and lay over the chicken breast. Assemble the side salad of rocket & cherry tomatoes alongside and enjoy!



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