

# Creamy Cajun Chicken Orzo

**Servings:** 2   **Prep Time:** 10 minutes   **Cook Time:** 20 minutes   **Total Time:** 30 minutes

This creamy Cajun chicken orzo is a comforting, one-pan dinner that feels indulgent but comes together in just 30 minutes. Tender chicken, lightly toasted orzo, and a creamy Cajun-spiced sauce make this dish perfect for busy weeknights when you want something warm, filling, and full of flavor — without using a sink full of dishes.

If you love easy skillet meals with bold seasoning and a creamy finish, this recipe is a must-try.

## Why You'll Love This Recipe

- One pan, minimal cleanup — everything cooks in a single skillet
- Creamy without being heavy — works with cream or milk
- Bold Cajun flavor that's customizable to your spice tolerance
- Ready in 30 minutes from start to finish
- Great for leftovers — reheats beautifully

## Ingredients

- 1 chicken breast, thinly sliced
- 1 cup orzo pasta
- 1 cup chicken broth
- ½ cup cream or milk
- ½ bell pepper, diced
- 1 tsp Cajun seasoning
- 1 Tbsp olive oil
- Salt & pepper to taste
- Fresh parsley (optional, for garnish)

## Ingredient Notes & Substitutions

**Chicken:** Thin slices cook quickly and stay juicy. Chicken thighs also work well.

**Cajun seasoning:** Brands vary in salt and spice. Start with 1 teaspoon and adjust later.

**Cream vs. milk:** Heavy cream gives the richest texture, but whole milk or half-and-half also work.

**Bell pepper:** Adds sweetness and color. Onion or zucchini can be substituted.

## Instructions

### 1 Step 1: Prep the chicken

Pat the chicken slices dry with a paper towel. Season lightly with salt, black pepper, and a pinch of Cajun seasoning on both sides.

### 2 Step 2: Sear the chicken

Heat olive oil in a large skillet over medium-high heat. Add the chicken in a single layer and sear for about 4 minutes per side, until golden and fully cooked. Remove from the pan and set aside.

### 3 **Step 3: Toast the orzo**

Lower the heat to medium. Add the diced bell pepper and cook for 1 minute. Add the dry orzo and toast for 2 minutes, stirring frequently, until lightly golden.

### 4 **Step 4: Create the creamy base**

Pour in the chicken broth and cream. Stir well, scraping up any browned bits. Bring to a gentle simmer, then reduce heat to medium-low. Cook uncovered for 10 minutes, stirring occasionally, until the orzo is tender and the sauce becomes creamy.

### 5 **Step 5: Add Cajun flavor & chicken**

Stir in the remaining Cajun seasoning. Return the chicken to the skillet and mix everything together. Simmer for 3 more minutes, allowing the sauce to thicken and the flavors to blend.

### 6 **Step 6: Serve**

Remove from heat, garnish with chopped parsley if desired, and serve warm.

## Tips for Best Results

- Stir the orzo every few minutes to prevent sticking
- If the sauce thickens too quickly, add a splash of broth or milk
- Taste before serving — Cajun seasoning varies, so adjust salt and spice as needed

## Storage & Reheating

**Refrigerator:** Store leftovers in an airtight container for up to 3 days.

**Reheat:** Warm gently on the stovetop or microwave with a splash of milk or broth to loosen the sauce.

## Variations to Try

- Add spinach or kale during the last 2 minutes of cooking
- Swap chicken for shrimp (add shrimp at the end)
- Add grated Parmesan for extra richness
- Use smoked paprika for a smokier Cajun flavor