

Plate Dream

French Onion Chicken Orzo Casserole

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cut into 1-inch cubes
- [ ] 2 large yellow onions, thinly sliced
- [ ] 1 cup orzo pasta
- [ ] 2 cups low-sodium chicken broth
- [ ] 1/2 cup heavy cream
- [ ] 1 cup shredded Gruyère cheese
- [ ] 2 tbsp butter
- [ ] 1 tbsp olive oil
- [ ] 2 tsp fresh thyme leaves
- [ ] Salt and freshly ground black pepper to taste

Optional Enhancements

- [ ] 1/4 cup dry white wine (or extra broth)
- [ ] Pinch of freshly grated nutmeg

Instructions

1. In a large skillet, melt butter with olive oil over medium heat; add the sliced onions and a pinch of salt, then cook, stirring occasionally, until they turn deep golden and caramelized, about 15-20 minutes.
2. Push the onions to the side, increase heat to medium-high, and sear the chicken cubes until lightly browned on all sides, about 5 minutes; season with pepper.
3. If using, pour in the white wine to deglaze, scraping up any browned bits, then stir in the chicken broth and bring to a gentle simmer. Add the orzo, thyme, and cream; stir to combine.
4. Transfer the mixture to a greased casserole dish, sprinkle shredded Gruyère evenly on top, and bake in a preheated 375°F oven for 20-25 minutes, until the cheese is bubbly and lightly browned.
5. Remove from oven, let rest five minutes, then serve hot, perhaps alongside a side of creamy pasta salad for extra freshness.

Nutrition per serving

420 kcal	30 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For deeper flavor, caramelize onions the night before and reheat before assembling.
- If you prefer a spicier note, stir in a pinch of red pepper flakes with the broth.
- A light drizzle of truffle oil just before serving adds an elegant finish.