

Plate Dream

One-Pot Cajun Orzo – Comfort Food Classic

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken thigh fillets, cut into bite-size pieces
- [ ] 2 turkey sausage links, sliced
- [ ] 1 cup orzo pasta
- [ ] 1 tbsp olive oil
- [ ] 1 red bell pepper, diced
- [ ] 1 cup chicken broth
- [ ] 1/2 cup half-and-half
- [ ] 2 tsp Cajun seasoning
- [ ] 1/2 tsp smoked paprika
- [ ] Juice of 1/2 lemon
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Heat olive oil in a large pot over medium heat; add the turkey sausage slices and brown them, letting the fat render and the spices perfume the oil.
2. Add the chicken pieces, season with salt, pepper, and Cajun seasoning, and sauté until lightly golden, about 3–4 minutes.
3. Stir in the diced red bell pepper and cook for another minute, then pour in the chicken broth and bring to a gentle simmer.
4. Add the orzo, reduce heat to low, and cover; cook, stirring occasionally, until the orzo is tender and the liquid is mostly absorbed, about 10 minutes.
5. Stir in the half-and-half, smoked paprika, and lemon juice; let the sauce thicken for a couple of minutes, adjusting seasoning if needed.
6. Serve hot, sprinkled with fresh parsley. For extra brightness, a final squeeze of lemon can be added at the table.

Nutrition per serving

420 kcal	30 g	38 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the orzo looks dry, add a splash more broth; it should stay moist and creamy.
- Taste before serving – a pinch more Cajun spice can elevate the heat.
- For a richer flavor, use bone-in chicken broth.