

sprouts greek chicken tenders with orzo cooking instructions

Sprouts Greek Chicken Tenders with Orzo is a delightful and nutritious meal that combines the succulent flavors of marinated chicken tenders with the wholesome goodness of orzo pasta. This dish not only tantalizes the taste buds but also provides a balanced and satisfying option for lunch or dinner. In this article, we will explore the ingredients needed, the cooking process, and some tips to elevate your dish.

Ingredients for Sprouts Greek Chicken Tenders with Orzo

To create a delicious serving of Sprouts Greek Chicken Tenders with Orzo, you will need the following ingredients:

For the Chicken Tenders:

- 1 pound of chicken tenders
- 1/4 cup olive oil
- 2 tablespoons lemon juice (freshly squeezed)
- 2 cloves garlic, minced
- 1 tablespoon dried oregano
- 1 teaspoon paprika
- Salt and pepper to taste
- 1/4 cup feta cheese, crumbled (for topping)
- Fresh parsley, chopped (for garnish)

For the Orzo:

- 1 cup orzo pasta
- 2 cups chicken broth (or water)
- 1 tablespoon olive oil
- 1/2 cup cherry tomatoes, halved
- 1/4 cup black olives, sliced
- 1/4 cup red onion, finely chopped
- Salt and pepper to taste

Cooking Instructions for Sprouts Greek Chicken Tenders

Cooking Sprouts Greek Chicken Tenders with Orzo is straightforward and can be completed in a simple, step-by-step manner. Let's break down the process into manageable parts.

Step 1: Marinate the Chicken Tenders

1. Prepare the Marinade: In a bowl, combine olive oil, lemon juice, minced garlic, dried oregano, paprika, salt, and pepper. Whisk until well blended.
2. Marinate the Chicken: Place the chicken tenders in a large resealable plastic bag or a shallow dish. Pour the marinade over the chicken, ensuring all pieces are well coated. Seal the bag or cover the dish and refrigerate for at least 30 minutes (or up to 2 hours for more flavor).

Step 2: Cook the Orzo

1. Boil the Broth: In a medium saucepan, bring the chicken broth (or water) to a boil over medium-high heat.
2. Cook the Orzo: Add the orzo to the boiling liquid. Reduce the heat to medium and cook for about 8-10 minutes, or until the orzo is al dente. Stir occasionally to prevent sticking.
3. Add Vegetables: In the last 2 minutes of cooking, add the halved cherry tomatoes, sliced olives, and chopped red onion to the orzo. Season with salt and pepper to taste.
4. Drain and Set Aside: Once cooked, drain any excess liquid and set the orzo and vegetables aside.

Step 3: Cook the Chicken Tenders

1. Preheat the Grill or Skillet: Heat a grill pan or skillet over medium-high heat. If grilling, lightly oil the grates; if using a skillet, add a splash of olive oil.
2. Cook the Chicken: Remove the chicken from the marinade, allowing excess marinade to drip off. Grill or pan-sear the tenders for about 5-7 minutes on each side, or until they are golden brown and cooked through (internal temperature should reach 165°F).

3. Add Feta: In the final minute of cooking, sprinkle the crumbled feta cheese over the chicken tenders. Cover with a lid to allow the cheese to melt slightly.

Step 4: Assemble the Dish

1. Plate the Orzo: Spoon the cooked orzo mixture onto a serving platter or individual plates.
2. Add Chicken Tenders: Arrange the grilled chicken tenders on top of the orzo.
3. Garnish: Finish with a sprinkle of fresh parsley for color and added flavor.

Serving Suggestions

Sprouts Greek Chicken Tenders with Orzo can be served as a standalone meal or paired with other dishes. Here are some serving suggestions:

- Serve with a side of Greek salad for a refreshing crunch.
- Pair with tzatziki sauce for dipping, enhancing the Greek flavors.
- Add a slice of crusty bread to soak up the delicious juices.
- Include a glass of white wine, such as Sauvignon Blanc, to complement the meal.

Tips for Perfecting Your Sprouts Greek Chicken Tenders with Orzo

Creating the perfect Sprouts Greek Chicken Tenders with Orzo involves attention to detail and a few handy tips:

Choosing Quality Ingredients

- Fresh Chicken: Opt for fresh, high-quality chicken tenders for the best flavor and texture.

- Fresh Herbs: Use fresh parsley and oregano when possible to enhance the dish's brightness.

Marination Time

- Longer Marination: For even more flavor, consider marinating the chicken tenders overnight. This allows the spices and herbs to penetrate the meat thoroughly.

Cooking Techniques

- Grilling vs. Searing: While grilling adds a smoky flavor, pan-searing can create a nice crust. Choose based on your preference and available equipment.

Customization

- Add Vegetables: Feel free to customize the orzo with other vegetables, such as spinach, bell peppers, or zucchini, for added nutrition and color.
- Spice Level: Adjust the amount of spices according to your taste preferences. Adding crushed red pepper flakes can introduce a delightful heat.

Conclusion

Sprouts Greek Chicken Tenders with Orzo is a versatile and flavorful dish that embodies the essence of Mediterranean cuisine. By following the straightforward cooking instructions, you can enjoy a wholesome meal that is perfect for any occasion. Whether you're hosting a family dinner or meal prepping for the week, this dish is sure to please. So gather your ingredients, embrace the cooking process, and savor the delightful flavors of this unique recipe!

Frequently Asked Questions

What are the key ingredients for making Sprouts Greek Chicken Tenders with Orzo?

The key ingredients include chicken tenders, orzo pasta, Greek yogurt, olive oil, lemon juice, garlic, oregano, salt, pepper, and fresh vegetables like cucumbers and tomatoes for garnish.

How do you prepare the chicken tenders for the Sprouts Greek Chicken Tenders recipe?

Marinate the chicken tenders in a mixture of Greek yogurt, olive oil, lemon juice, minced garlic, oregano, salt, and pepper for at least 30 minutes to enhance flavor and tenderness.

What are the cooking instructions for the orzo in this recipe?

Cook the orzo pasta in boiling salted water according to package instructions, usually about 8-10 minutes, until al dente. Drain and toss with a bit of olive oil and seasonings before serving.

How do you cook the chicken tenders for this dish?

Preheat your oven to 400°F (200°C). Place the marinated chicken tenders on a baking sheet and bake for about 15-20 minutes, or until fully cooked and golden brown, flipping halfway through.

Can I add vegetables to the Sprouts Greek Chicken Tenders with Orzo for extra nutrition?

Absolutely! You can sauté or roast vegetables such as bell peppers, zucchini, or spinach and mix them with the orzo, or serve them on the side for added nutrition and flavor.

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