

Helergon Kitchen

French Onion Chicken Orzo Casserole

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

Ingredients

Main Ingredients

- [ ] 1.5 lb chicken thighs, bone-in, skinless, diced
- [ ] 1 cup orzo pasta
- [ ] 2 large yellow onions, thinly sliced
- [ ] 2 tbsp butter
- [ ] 1 cup low-sodium chicken broth
- [ ] 1 cup shredded Gruyère cheese
- [ ] 2 tsp fresh thyme leaves
- [ ] Salt and black pepper to taste

Optional Enhancements

- [ ] ¼ cup white wine
- [ ] ¼ tsp nutmeg
- [ ] ¼ cup grated Parmesan for extra crust

Instructions

1. Heat butter in a large, heavy skillet over medium-low. Add the sliced onions, a pinch of salt, and let them caramelize gently for about 20-25 minutes, stirring occasionally.
2. While the onions soften, season the chicken pieces with salt, pepper, and half the thyme. Increase heat to medium-high, add a drizzle of oil, and sear the chicken until golden on all sides, about 5-7 minutes.
3. If using, pour in the white wine to deglaze the pan, scraping up any browned bits, then let it reduce for 2 minutes.
4. Stir in the orzo, coating it with the buttery onion mixture, then pour in the chicken broth. Bring to a simmer, cover, and cook for 8-10 minutes until the orzo is tender and most liquid is absorbed.
5. Preheat the oven to 375°F (190°C). Transfer the skillet (if oven-safe) or move contents to a baking dish, sprinkle the remaining thyme, then top with shredded Gruyère and optional Parmesan.
6. Bake until the cheese is bubbling and lightly golden, about 12-15 minutes. Let rest 5 minutes before serving.

Nutrition per serving

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

Tips & notes

- If you prefer a crustier top, place the dish under the broiler for the last 2 minutes.
- Feel free to add a dash of nutmeg to the onion mixture for a subtle warmth.
- For a lighter version, use reduced-fat cheese and less butter.