

Helergon Kitchen

One-Pot Cajun Orzo – Easy Comfort Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup orzo
- [ ] 2 cups chicken broth
- [ ] 1 tablespoon olive oil
- [ ] 8 oz smoked turkey sausage, sliced
- [ ] 1 red bell pepper, diced
- [ ] 1 green bell pepper, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tablespoon Cajun seasoning
- [ ] ¼ cup grated Parmesan cheese
- [ ] 1 tablespoon fresh lemon juice
- [ ] Salt and pepper to taste

Instructions

1. Heat olive oil in a large skillet over medium heat; add the sliced turkey sausage and cook until browned, about 4 minutes. Cajun chicken pasta.
2. Add the diced peppers and minced garlic; sauté until softened, letting the aroma fill the kitchen, oops, about 3 minutes.
3. Stir in the Cajun seasoning, then pour in the broth and bring to a gentle boil.
4. Add the orzo, reduce heat to a simmer, and cook, stirring occasionally, until the pasta absorbs the liquid, roughly 10-12 minutes.
5. When the orzo is tender, remove the skillet from heat; fold in Parmesan cheese and lemon juice, then season with salt and pepper.
6. Serve hot, perhaps alongside a crisp salad. For another twist, try Cajun sausage.

Nutrition per serving

420 kcal	28 g	45 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks dry, add a splash more broth.
- Adjust the Cajun seasoning to your spice tolerance.
- A drizzle of melted butter at the end adds extra richness.