

One-Pot Chicken & Spinach Orzo

Caroline Grey · October 2026 · Strong Through Autumn



Serves approx. 4 · One pot · Around 20 minutes

A simple, warming dinner for colder days. Creamy comfort food built around protein, with no complicated preparation — ideal when you are short on time.

Ingredients

- 4 large chicken thigh fillets, diced
- 1 large onion, diced
- 2 cloves garlic, chopped
- A little avocado oil (or oil of choice)
- Spices (optional) — I use a little fajita spice mix
- 300g orzo pasta
- 1–2 chicken stock cubes in 700ml boiling water
- 100g cream cheese
- 120g spinach
- Salt and pepper; parmesan or a little grated cheese to serve

Method

- 1 Fry the onion and garlic in a little oil until soft, 2–3 minutes.
- 2 Add the chicken and brown it. Add a little fajita spice mix at this point to season and flavour the chicken, if using.
- 3 Once browned, add the orzo and stir for 1 minute.
- 4 Add the stock, followed by the cream cheese.
- 5 Pop a lid on and simmer for 12 minutes until the orzo is cooked, stirring frequently to stop it sticking. Check the chicken is cooked through before serving.
- 6 Add the spinach at the end and allow it to wilt for a couple of minutes.
- 7 Season with salt and pepper and serve with parmesan or a little grated cheese.

Caroline's tip: Keep it simple. This is a starting point, not a personalised meal plan — the right portions for your goals, training and lifestyle will be individual.