



# Asian Inspired Beetroot Orzotto

PREP TIME: 40 MINS

SERVINGS: 8

COOK TIME: 60 MINS

## Ingredients

- 1 ½ cup Orzo
- 2 cups Whole milk
- 2 tbsp Butter
- 4 tbsp Sesame seeds
- 2 tbsp Sesame oil
- 6 oz Chicken breast
- ¼ cup Cheese, parmesan
- 1 Red bell pepper
- 1 Green bell pepper
- 6 oz Beetroot
- 8 oz Mushrooms
- 1 ea Yellow Onion
- 2 cups Water

For the marinade:

- 3 ea Garlic cloves, minced
- 1 tsp Chili powder
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 tsp Paprika
- 1 tbsp Salt
- 2 tsp Pepper
- 1 tbsp Soy sauce
- 2 tbsp Sesame Oil

## Directions

1. Gather all ingredients and equipment.
2. Prepare the marinade by combining all ingredients and covering the chicken breasts in the mixture. Let it rest for about 20 minutes.
3. Place your beetroot, milk, and water in a blender until everything is combined and a dark pink color is achieved.
4. In a pan with sesame oil, sauté onion and bell pepper until tender. Add orzo and toast lightly.
5. Start hydrating your orzo slowly with your liquid mixture. Stir continually until cooked through
6. In a separate pan, add mushrooms and sauté lightly. Add in to orzo adjusting seasonings with black pepper, salt, and sesame seeds.
7. In a pan, cook chicken until 165F temperature is achieved.
8. Once cooked and hydrated, add butter and parmesan cheese.
9. Serve with chicken on top.