

Bite Spoon

French Onion Chicken Orzo Casserole

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Medium** Difficulty	**French** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs chicken thighs, cut into 1-inch pieces
- [ ] 2 large yellow onions, thinly sliced
- [ ] 1 cup orzo pasta
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 cup grated Gruyère cheese
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried thyme
- [ ] Salt and black pepper to taste

For the Sauce

- [ ] 1 cup heavy cream
- [ ] ½ cup dry white wine (optional)
- [ ] 2 tbsp Dijon mustard
- [ ] ½ tsp nutmeg, freshly grated

Instructions

1. Heat olive oil in a large skillet over medium-low heat. Add the sliced onions and a pinch of salt; cook, stirring occasionally, for 20-25 minutes until deep caramelized.
2. Push the onions to the side, increase heat to medium-high, and add the chicken pieces. Season with thyme, salt, and pepper, and brown the chicken for about 5-7 minutes.
3. Stir in the Dijon, nutmeg, and wine (if using). Let it simmer for 2 minutes, then pour in the chicken broth and heavy cream; bring to a gentle boil.
4. Add the orzo, reduce heat, and let it cook uncovered for 8-10 minutes, stirring occasionally, until the pasta absorbs most of the liquid.
5. Transfer the mixture to a greased 9-x-13-inch baking dish, sprinkle grated Gruyère evenly on top, and bake at 375°F (190°C) for 20-25 minutes until bubbly and golden.
6. Remove from oven, let rest for 5 minutes, then serve hot, perhaps with a simple green salad.

Nutrition per serving

480 kcal	30 g	35 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a crustier top, broil for the last 2 minutes, watching closely.
- For extra depth, add a splash of Worcestershire sauce with the broth.
- Taste and adjust seasoning before baking; the cheese adds saltiness.