

# CHICKEN WITH PASTA RICE (ORZO) AND PEPPERS IN THE OVEN

A traditional Greek dish with great taste, usually made in a clay utensil, but also made in a baking pan or in a simple baking sheet covered with aluminum foil, however it is a recipe that everyone likes.

# INGREDIENTS

- 2 fillets of chicken breast cut into pieces
- 1 onion finely chopped
- 1 clove of chopped garlic
- 1 can tomato juice
- Three colored peppers (green, red, yellow)
- 500 g medium pasta rice (orzo)
- 1 glass of white wine
- olive oil
- salt, pepper, sugar
- 1 stick of cinnamon

**IN A SAUCEPAN, ADD SOME OLIVE OIL AND  
WAIT FOR IT TO BURN. THEN SAUTÉ (FRY)  
THE ONION AND GARLIC FOR 1 MINUTE**



**THE NEXT STEP IS TO ADD THE CHICKEN  
AND FRY IT FOR 3 TO 4 MINUTES**



**POUR IN THE WINE AND WAIT UNTIL IT  
EVAPORATES AND THERE IS ONLY THE OIL  
IN THE SAUCEPAN**



**POUR THE TOMATO JUICE AND 3 CUPS OF  
HOT WATER**



**ADD SALT, PEPPER, THE CINNAMON STICK  
AND 1 TEASPOON OF SUGAR. LET THEM  
BOIL OVER LOW HEAT FOR 20 MINUTES.**



**CUT THE PEPPERS AND PUT THEM IN A NON-STICK PAN. SAUTÉ THEM WITH SOME OLIVE OIL OVER LOW HEAT FOR 3 TO 4 MINUTES.**





**IN A PAN, PUT 3 TABLESPOONS OF OLIVE OIL AND ADD THE ORZO (PASTA RICE), SAUTÉ IT FOR 2 MINUTES OVER LOW HEAT**



**PUT THE PASTA RICE WITH THE PEPPERS  
INTO A BAKING DISH**



**WITH A SPOON, PUT THE CHICKEN PIECES  
ALL OVER THE PASTA**



**ADD 6 CUPS OF TOMATO BROTH TO THE  
BAKING PAN**



**COVER THE PAN WITH ALUMINUM FOIL AND  
PLACE IN THE OVEN AT 180 DEGREES FOR  
30 MINUTES.**



**IT WILL BE READY ONCE IT HAS ABSORBED  
ALL THE BROTH**



**SERVE IT HOT, IF YOU WANT SPRINKLE  
SOME GRATED CHEESE ON IT.  
GOOD LUCK!!!**

