

Chicken, Lemon, and Rosemary Orzo bake

- ½ chicken chopped, skin removed
- 1 onion diced
- 1 celery diced
- 2 carrots diced
- 2 garlic grated
- 1" ginger skin removed and grated
- 2 rosemary twigs, leaves removed and chopped
- 2 rosemary twigs, whole
- 2 lemons in wedges
- 1 heap tsp paprika
- 2 bay leaves
- 1 cinnamon stick
- honey
- salt and pepper to taste!
- 1 pint chicken stock
- olive oil for frying
- 1 Tbsp. butter
- 1 cup orzo pasta
- 60g kale (optional)

Heat oil and brown the chicken, in batches if needed. Remove and set aside.

Add a tablespoon butter the onions, celery and cook gently until soft. Add the carrot, garlic ginger, bay leaves and chopped rosemary. Cook for 3 minutes more.

Add the lemon, the rosemary sprigs, the cinnamon stick and then the chicken back to the pan.

Sprinkle the paprika over and mix well.

Pour in the stock and honey. Cover and pop into the oven for 30 minutes.

Uncover and sprinkle over the orzo, make sure there is still lots of liquid in the pan, if not add a little more water.

Cook for a further 8-10 minutes then add the kale, stir, and cook for 5 minutes more.

Serve.