



HOME CHEF

Chipotle Chicken with Cheddar Buttermilk Dumplings

With Stewed Carrots and Peas



Move over chicken and noodles and say hello to chicken and dumplings. You'll make a creamy sauce consisting of carrots, peas, and shallots. And if that doesn't sound good enough already, we have you drop cheddar dumplings right into the sauce to cook. Top it off with seared chicken slices, and you'll be wondering where this dish has been all your life.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

NUTRITION

Calories: 762
Carbohydrates: 48g
Fat: 35g
Protein: 70g
Sodium: 1246mg
per serving

DIETARY



NUT-FREE



SOY-FREE

DRINK PAIRING

Crack open a dry Riesling—it'll curb the spice level on the smoked paprika and cut the richness of the biscuits.

INGREDIENTS

2 Carrots
1 Shallot
2 oz. Buttermilk
2 oz. Shredded Cheddar Cheese
2 oz. Liquid Egg
2.6 oz. Self Rising Flour
2 Chicken Breasts
1 Tbsp. Chipotle Chicken Seasoning Blend
2 Tbsp. Butter
1 Tbsp. Gluten Free Minor's Chicken Base
3 oz. Frozen Peas

WHAT YOU NEED

Olive Oil
Salt

EQUIPMENT

Baking Sheet
Mixing Bowl
Medium Pot

DID YOU KNOW?

Chicken and dumplings have a long history—they helped many people get through harsh economic times like the Civil War and the Great Depression. This classic dish could stretch one precious chicken to two meals by padding it out with biscuit dough. In more prosperous times, chicken and dumplings signified wealth. Either way, we think they're delicious! Our chipotle chicken seasoning consists of 2 parts smoked paprika, 2 parts oregano, and 1 part chipotle powder.

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Prepare the Ingredients

Preheat oven to 375 degrees. Prepare a baking sheet with foil or use a non-stick baking sheet. Thoroughly rinse produce and pat dry. Peel and cut **carrot** into ¼"-½" dice. Peel and mince **shallot**. In a medium mixing bowl, combine **butter-milk, shredded cheddar, liquid egg**, all but 2 Tbsp. of **flour**, and ½ tsp. **salt** (this is the dumpling batter). Thoroughly mix together. Rinse **chicken breasts** and pat dry.



Sear the Chicken

Season **chicken** on both sides with **seasoning blend** and a pinch of **salt**. *Use a ⅓ of the seasoning for mild, ⅔ for medium, and more for hot, hot!* Heat 1 tsp. **olive oil** in a medium pot over medium heat. Place chicken in pot and sear 2 minutes per side. Transfer chicken to prepared baking sheet to finish cooking. Do not wipe out pot. *We want to save any of the tasty bits that have been left behind to add more flavor to the sauce.* Return pot to heat.



Cook the Chicken

Place **chicken** in oven and cook for about 7-9 minutes, or until chicken has reached an internal temperature of 165 degrees. Set chicken aside to rest and slice into strips.



Make the Sauce

In same pot used to sear chicken, add **butter** and melt over medium-high heat. Once butter is melted, add **shallots** and **carrots**. Cook for two minutes, then stir in 2 Tbsp. reserved **flour**. Cook for an additional 3 minutes, add 2 cups **water**, and **chicken base**. Bring to boil and add **peas**.



Add the Dumplings

Once **sauce** is boiling, use a spoon to drop in **dumpling batter**. Fill one spoon with batter and use the 2nd spoon to scoop the batter out of the 1st spoon and into broth. Try to work fast while adding batter to broth. Once all batter is used, reduce to a simmer, cover, and cook for 7 minutes. Remove from heat and allow to sit for at least 3 minutes. *Letting the sauce and dumplings rest allows the dumplings to set and firm up.*



Plate the Dish

Divide **sauce** and **dumplings** between 2 bowls or shallow dishes. Place sliced **chicken breast** on top, and enjoy!