



HOME CHEF

South American Chicken Chupe

With Cilantro, Corn, Red Peppers, and Mild Chipotle Cream Sauce



Chupe is a traditional South American stew served throughout Peru, Chile, and Bolivia. Our healthy take starts with a pan-seared chicken breast and served atop a rich bed of stewed red bell peppers, corn, and celery. Crisp green beans and nutty Parmesan finish off this dish that's got flavor for days, but won't weigh you down.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

NUTRITION

Calories: 612
Carbohydrates: 31g
Fat: 33g
Protein: 56g
Sodium: 734mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Roasted chicken pairs great with a glass of red Burgundy, Chardonnay, or Pinot Noir. For those who prefer beer, a classic Corona and lime should work just fine.

INGREDIENTS

1 Red Bell Pepper
2 Celery Stalks
1 Shallot
5 Cilantro Sprigs
6 oz. Green Beans
2 oz. Corn Kernels
2 Chicken Breasts
1 Tbsp. Chupe Seasoning
5 oz. Canned Evaporated Whole Milk
1 oz. Grated Parmesan Cheese

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Medium Pan

DID YOU KNOW?

Our fragrant Chupe Seasoning is a blend of 3 parts cumin, 1 part chipotle powder, and 1 part garlic powder.

Discover more recipes at [homechef.com](https://www.homechef.com)



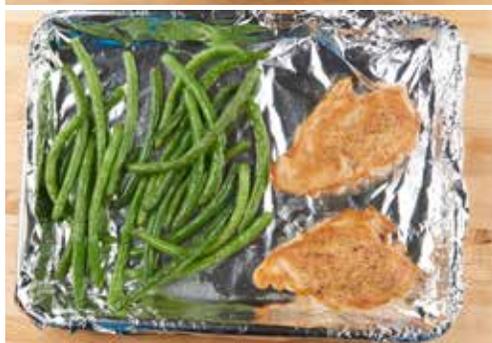
Prepare the Ingredients

Preheat oven to 375 degrees and prepare a baking sheet with foil or use a non-stick baking sheet. Thoroughly rinse produce and pat dry. Stem, seed, and dice **red pepper** into 1" pieces. Cut **celery** at an angle (bias) into ¼" thick slices. Peel and halve **shallot**. Slice shallot into thin strips (julienne). Stem and coarsely chop **cilantro**. Trim ends on **green beans**. Drain **corn**. Rinse **chicken**, pat dry, and season with a pinch of **salt and pepper**.



Sear the Chicken

Warm a medium pan over medium-high heat. Add 1 tsp. **olive oil** and **chicken** to hot pan and cook for 3-4 minutes on each side or until deep brown. Transfer chicken to prepared baking sheet and reserve pan (no need to clean pan). *The browned bits left on the bottom of the pan will add great flavor to the stew.*



Roast Chicken and Beans

Place **seared chicken** and **green beans** on prepared baking sheet. Toss green beans with 1 tsp. **olive oil** and a pinch of **salt and pepper**. Bake in oven for 10-12 minutes, or until chicken reaches a minimum internal temperature of 165 degrees.



Cook the Vegetables

Return pan used to sear chicken to medium-high heat and add **red bell pepper**, **celery**, **shallot**, **corn kernels**, and **Chupe seasoning**. Cook, stirring occasionally, for 5-6 minutes, or until vegetables begin to soften and brown.



Make the Sauce

Add **evaporated milk**, ¼ cup **water**, and half the **cilantro** to pan and bring to a boil. Reduce heat to medium and cook until sauce thickens, about 5-7 minutes. Add half the **Parmesan cheese** to sauce and season to taste with **salt and pepper**.



Plate the Dish

Arrange **sauce** and **vegetables** on the plate and top with **chicken breast**. Garnish with remaining **cilantro** and **Parmesan** and serve **green beans** on the side.