



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.

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## 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.