

once upon a chef

WITH JENN SEGAL

Peruvian-Style Roast Chicken with Green Sauce

By Jennifer Segal (Green Sauce adapted from The Serious Eats Food Lab by J. Kenji López-Alt)

Tender and juicy Peruvian-style roast chicken with a spicy, luscious green sauce.

Servings: 4

Cook Time: 1 Hour 30 Minutes

Total Time: 2 Hours, plus at least 6 hours marinating time



INGREDIENTS

FOR THE CHICKEN

- 3 tablespoons extra virgin olive oil
- 1/4 cup lime juice, from 2 limes
- 4 large garlic cloves, roughly chopped
- 1 tablespoon kosher salt
- 2 teaspoons paprika
- 1 teaspoon black pepper
- 1 tablespoon cumin
- 1 teaspoon dried oregano
- 2 teaspoons sugar
- 4 pound whole chicken

FOR THE GREEN SAUCE

- 3 jalapeño chili peppers, seeded if desired (I use about half the seeds for a medium-hot sauce), and roughly chopped (see note)
- 1 cup packed fresh cilantro leaves
- 2 cloves garlic, roughly chopped
- 1/2 cup mayonnaise, best quality such as Hellmann's
- 1/4 cup sour cream
- 1 tablespoon fresh lime juice, from one lime
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons extra virgin olive oil

INSTRUCTIONS

FOR THE CHICKEN

Combine all of the ingredients except the chicken in a blender or mini food processor, and blend until smooth. Remove the giblets from the inside of the chicken and pat the outside of the chicken dry with paper towels; place in a bowl, breast side up with the legs facing you. Using the handle of a wooden spoon or your fingers, loosen the skin from the flesh over the breasts and legs, being careful not to tear the skin or push all the way through (you want the marinade to stay inside the bird). Spoon about 2/3 of the marinade evenly underneath the skin, and spread the remaining 1/3 evenly over the skin. Marinate the chicken in the refrigerator for at least 6 hours or overnight.

Adjust the oven rack to the lower-middle position, and preheat the oven to 425 degrees. Line a roasting pan with aluminum foil for easy clean-up. Spray a rack (preferably a v-shape) with non-stick cooking spray and place the chicken on top. Tie the legs together with kitchen string. Roast for 20 minutes, until the skin is golden. Turn the heat down to 375 degrees, and continue to roast for about an hour and ten minutes more, or until the juices run clear when you cut between the leg and thigh. (Keep an eye on it -- if it's browning too quickly, cover it loosely with foil.) Tent the chicken with foil and let rest for about 20 minutes. Tilt the chicken over the roasting pan to release the juices, then transfer to a cutting board. Carve the chicken and serve with green sauce.

FOR THE GREEN SAUCE

Combine all of the ingredients except the olive oil in a blender or food processor and blend into a smooth sauce. With the motor running, open lid and slowly drizzle in olive oil. It will seem very runny at this point but, don't worry, it will thicken up as it sits. Transfer the sauce to a bowl, cover and refrigerate until ready to serve.

Note: Be sure to wash your hands well after handling hot peppers, and do not touch your eyes while working with them.

Note: The nutritional information does not include the green sauce.

PAIR WITH



Mexican Rice

French Green Beans with
Shallots

NUTRITION INFORMATION

Powered by *Edamam*

Per serving (4 servings)

Calories:	1,095
Fat:	79 g
Saturated fat:	21 g
Carbohydrates:	7 g
Sugar:	3 g
Fiber:	1 g
Protein:	85 g
Sodium:	1,138 mg
Cholesterol:	340 mg

GLUTEN-FREE ADAPTABLE NOTE

To the best of my knowledge, all of the ingredients used in this recipe are gluten-free *or widely available in gluten-free versions*. There is hidden gluten in many foods; if you're following a gluten-free diet or cooking for someone with gluten allergies, always read the labels of your ingredients to verify that they are gluten-free.

Copyright © Once Upon a Chef

<https://www.onceuponachef.com/recipes/peruvian-style-roast-chicken-with-green-sauce.html>