

Katami Sokoti: Georgian Style Chicken and Mushrooms

with Herby Bulgur, Pomegranate and Yoghurt

A Taste of Georgia 40-45 Minutes • 3 of your 5 a day



Onion



Diced British Chicken Breasts



Chicken Stock Paste



Bulgur Wheat



Sliced Mushrooms



Garlic Clove



Mint



Pomegranate



Roasted Spice and Herb Blend



Dried Basil



Honey



Greek Style Natural Yoghurt



Mushrooms have a meaty flavour and were traditionally added to Georgian food to add bulk when meat was in short supply. As with a lot of Georgian dishes, the key is in the cooking - the ingredients are cooked for a long time to get the maximum amount of flavour out of them!

Pantry Items

Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, saucepan, lid, garlic press and bowl.

Ingredients

Ingredients	2P	3P	4P
Onion	2	3	4
Diced British Chicken Breasts**	240g	390g	520g
Chicken Stock Paste	15g	20g	30g
Bulgur Wheat 13	120g	180g	240g
Sliced Mushrooms**	180g	240g	360g
Garlic Clove**	3	5	6
Mint**	1 bunch	1 bunch	1 bunch
Pomegranate**	1	1	1
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Dried Basil	1 sachet	1½ sachets	2 sachets
Honey	15g	30g	30g
Greek Style Natural Yoghurt** 7	75g	150g	150g
Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Water for the Chicken*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	773g	100g
Energy (kJ/kcal)	2497 /597	323 /77
Fat (g)	9.1	1.2
Sat. Fat (g)	3.7	0.5
Carbohydrate (g)	85.7	11.1
Sugars (g)	34.2	4.4
Protein (g)	45.9	5.9
Salt (g)	1.78	0.23

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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Get Roasting

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel and thinly slice the **onions**.

Pop the **diced chicken** onto a large baking tray, drizzle with **oil** and season with **salt** and **pepper**.

When the oven is hot, roast on the top shelf until cooked through, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

Meanwhile, halve, peel and thinly slice the **onion**.



Shred the Chicken

When the **onions** are soft, add the **mushrooms** to the pan and season with **salt** and **pepper**. Stir together and cook until the **mushrooms** have softened and the **liquid** has evaporated, 5-6 mins.

Meanwhile, once cooked, transfer the **chicken** to a plate or board. Use two forks to shred the **meat** as finely as you can.

Add the **shredded chicken**, **roasted herb and spice blend**, **dried basil** and **garlic** to the **cooked mushrooms** and **onions**. Stir and cook for 1 min.



Bring on the Bulgur

Meanwhile, heat a drizzle of **oil** and a knob of **butter** (if you have any) in a large frying pan on medium-high heat.

Once hot, add the **onions**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 10-12 mins.

Meanwhile, pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in the **chicken stock paste** and bring to the boil. Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Simmer your Katami Sokoti

Pour in the **water for the chicken** (see pantry for amount). Stir together and cook until the **liquid** has nearly evaporated, 4-5 mins.

Stir through the **honey** and cook for 1 min more. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

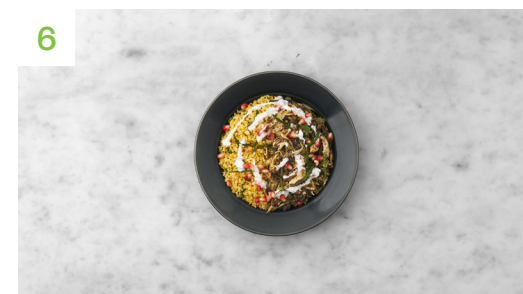
Add a splash of **water** if it's a little dry. Taste and season with **salt** and **pepper** if needed.



Prep Time

In the meantime, finely chop the **sliced mushrooms**. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Halve the **pomegranate**. Remove the **seeds** from the white pith and pop the **seeds** into a bowl (discard the pith). **TIP:** Firmly pat the outside of the pomegranate with the back of the spoon to help release the seeds.



Finish and Serve

When everything's ready, fluff up the **bulgur wheat** with a fork and stir through **half** the **mint**.

Share the **herby bulgur** between your serving bowls and top with your **katami sokoti**.

Drizzle over the **yoghurt**, then sprinkle over the **pomegranate seeds** and remaining **mint** to finish.

Enjoy!