



Herbed Chicken on a Satsivi Style Walnut Sauce

with Red Chilli, Coriander and Lemon

A Taste of Georgia 30-35 Minutes • Mild Spice

1A

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Garlic Clove



British Chicken Breasts



Roasted Spice and Herb Blend



Lemon



Coriander



Red Chilli



Walnuts



Ground Cinnamon



Satsivi is a thick and velvety sauce made from walnuts and traditionally served cold (in Georgian, 'tsivi' means 'cold'). Usually, it's made using poultry such as chicken or turkey and is typically seasoned with salt, pepper, garlic, fenugreek, coriander and cinnamon. This twist on Satsivi lays herbed chicken onto a bed of creamy walnut sauce for a mouthwatering side dish full of flavour.

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Aluminium foil, bowl, frying pan, baking tray, kitchen scissors and blender.

Ingredients

Ingredients	Quantity
Garlic Clove**	2
British Chicken Breasts**	2
Roasted Spice and Herb Blend	1 sachet
Lemon**	1
Coriander**	1 bunch
Red Chilli**	1
Walnuts 2)	40g
Ground Cinnamon	1 sachet

Pantry	Quantity
Olive Oil*	3 tbsp
Sugar*	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	276g	100g
Energy (kJ/kcal)	1946 /465	704 /168
Fat (g)	28.7	10.4
Sat. Fat (g)	4.0	1.4
Carbohydrate (g)	13.7	4.9
Sugars (g)	5.3	1.9
Protein (g)	43.1	15.6
Salt (g)	0.65	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts

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.

Contact

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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the **parcel** until soft, 10-12 mins.
- Meanwhile, in a large bowl, add the **chicken breasts, roasted herb and spice blend** and a drizzle of **oil**. Season with **salt** and **pepper** and stir to coat.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Make the Satsivi Style Sauce

- While the **chicken** roasts, halve the **lemon**, then juice one **half** and cut the other **half** into wedges. Pick off some **coriander leaves** and set aside for garnish. Thinly slice the **chilli** (add less if you'd prefer things milder).
- Once the **garlic** has cooled, cut the end with scissors and squeeze it out of the skin.
- In a blender, add the **walnuts**, remaining **coriander, ground cinnamon, roasted garlic**, the **lemon juice** and the **olive oil** and **sugar** (see pantry for both amounts).
- Season with **salt** and **pepper** and blend until smooth. Taste and season with more **salt, pepper, lemon** juice and sugar if needed.



Cook the Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side.
- Once browned, lay the **chicken** onto a baking tray and roast on the top shelf of your oven until cooked through, 10-12 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.



Slice and Serve

- Once your **roasted chicken** has rested, slice widthways into 1cm thick strips.
- Spoon your **satsivi style sauce** onto your serving platter and top with your **sliced chicken**.
- Sprinkle over the **chilli** and reserved **coriander leaves**.
- Serve with the remaining **lemon wedges** on the side.

Enjoy!