



CHICKEN & LEEK PIE

Aim: Protein and veg packed, this will take you back to childhood!

Ingredients

- 10g butter
- 350g chicken breast
- 400g leeks, finely sliced
- 300g mushrooms, finely sliced
- 20g plain flour
- 250ml chicken stock
- 100g low fat creme fraiche
- 1 tbsp dried tarragon
- Salt & pepper
- 100g ready rolled puff pastry
- 1 egg white

To serve:

- 400g new potatoes
- 400g green beans

Directions

READY IN: 50 // SERVINGS: 4

1. Melt the butter in a deep frying pan over a medium heat and fry the chicken until sealed and bronzed.
2. Remove the chicken from the frying pan, add the leeks and mushrooms and fry for 5 minutes or until soft.
3. Return the chicken to the pan, add the flour and stir until well combined, then pour in the stock, reduce the heat and simmer for 5 minutes until a thick sauce forms.
4. Take off the heat, stir in the crème fraiche, tarragon, salt and pepper.
5. Pour into an ovenproof dish and top with the puff pastry: pierce the top with a fork so the air can escape during cooking.
6. Brush the pie with the egg white and bake for 25-30 mins at 180 degrees until the pastry is golden.
7. Meanwhile, steam the green beans and potatoes.
8. Serve! The pie and cooked green beans will keep in the fridge for up to 5 days for advanced preparation.

Variations to consider: For an iron hit, switch the chicken for ham. For a lower carb option, omit the pastry and have it as a 'stew' instead. For a dairy free option, switch the sauce for chicken stock.

CALORIES

452

CARBOHYDRATE

46

PROTEIN

34

FAT

15