



SPRING CHICKEN PIE

This recipe is the most delicious chicken pie ever using leftovers from your favourite spring veggies! Yep, finally there's a way to use up those broccoli stems! This dish is perfect to whip up on a Sunday when the family are over. Serve with fresh greens for a complete meal.

🕒 15 minutes

🕒 1 hour and 15 minutes

🍴 6 portions

INGREDIENTS

- 1 tbsp of butter, unsalted (14 g)
- 600 grams of chicken thigh, diced
- 1 tsp, pepper
- 1 tsp, sea salt
- 3 cloves of garlic, minced
- 1 head of broccoli
- 2 medium carrots, (122 g)
- 1 onions, diced (150 g)
- 1 potato diced
- 1 tsp of parsley, dried (1 g)
- 1 tbsp of chives, dried (0 g)
- 1 tsp of rosemary, dried (1 g)
- 1 tsp of thyme, dried (1 g)
- 1 cup of sour cream, light (230 g)
- 1/2 chicken stock (120 g)
- 2 tsps of dijon mustard (10 g)
- 1 lemon zest (6 g)
- 1-2 tbsp of plain flour
- 2 sheets of puff pastry, (94 g)
- 1 tsp of olive oil
- 1 medium unit of zucchini, (196 g)
- 1 cup of baby spinach, raw (30 g)
- 1 sweet potato, diced (130 g)

COOKING METHOD

- 1° Preheat a fan-forced oven to 180°C
- 2° Heat butter in a large or pot on a high heat. If you have an ovenproof pot, use this. Add in chicken thighs and a generous pinch of salt and pepper. Leave the chicken to cook for 5–8 minutes. Resist the need to stir too frequently, you want to see some brown caramelised spots
- 3° Add all of the veggies and herbs to the pot and stir to heat through and coat in the juices. Pour in the cream and chicken stock, bring to the boil then let simmer for a few minutes. Stir in the mustard and lemon zest.
- 4° Remove from the heat and sprinkle over flour starting with 1 tablespoon, stir to thicken the sauce and add more flour as necessary. Taste and season with extra salt and pepper, if desired.
- 5° If you're not using an ovenproof pot, transfer chicken mixture to a pie dish. Cover the entire dish with puff pastry and rub with olive oil. Pierce a hole in the centre, sprinkle with salt and pepper and fresh thyme, if desired. Place in the oven for 35–40 minutes or until pastry is puffed up and golden.
- 6° Note Use your leftovers: Get creative and use up whatever scraps you have lying around, pumpkin skins, any kind of herb (stems too!), potatoes, carrots, squash, kale and silverbeet stems, a handful of spinach!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (376 g)	% DRI
ENERGY	106 kcal	398 kcal	20 %
FAT	5 g	18 g	27 %
FATTY ACIDS, TOTAL SATURATED	2 g	7 g	33 %
CHOLESTEROL	30 mg	113 mg	38 %
SODIUM	75 mg	281 mg	12 %
CARBOHYDRATE	9 g	34 g	11 %
SUGARS	1 g	6 g	—
FIBER	1 g	5 g	20 %
PROTEIN	7 g	26 g	—