



# RECIPE

## CHICKEN & LEEK PIE

### Ingredients

- ✓ 1-2 tablespoons olive oil
- ✓ 1 large leek
- ✓ 1 medium carrot
- ✓ 500g chicken breast
- ✓ 2 medium zucchini
- ✓ 300 ml chicken stock
- ✓ 1 tablespoon wholegrain mustard\*
- ✓ 2 tablespoons sour cream\*
- ✓ 1 sheet puff pastry

\* = (optional)

### Instructions

1. Heat the oil in a fry pan over a medium heat
2. Slice the leek thinly (into rings) you want the white part, you can discard most of the green leaves, sauté the leek in the oil
3. Finely dice the carrot and add to the pan, continue to sauté the leek and carrot until both are tender and fragrant (approx 5 mins)
4. Dice the chicken, add this to the fry pan and seal the chicken, it does not need to be browned all over, it will cook in the stock which you add next
5. Add the stock, grate the zucchini and add this too. Bring to the boil then reduce to a simmer. Leave the mix to simmer for 20-30 mins, you want the liquid to reduce right down as this will be the filling of your pie, if it's too liquidy you end up with pie soup! You will think there is not enough liquid but as the zucchini cooks it releases moisture too, so try to wait before you add extra stock
6. Once the chicken and veggie mix has reduced down, turn off the heat and stir through the mustard and sour cream. You can skip this step, but I do find the flavour of the pie is absolutely amazing with the addition of these last 2 ingredients!
7. Grease a pie dish, transfer the chicken and veggie mix into the pie dish
8. Top with puff pastry, pierce the pastry with a knife to create a few holes for steam to escape, and if you have the inclination brush the pastry with a little milk
9. Bake at 200 degrees Celcius for 15 minutes or until the pastry is golden
10. Serve with mash and some green veggies, it's delicious with a 50:50 cauliflower and potato mash!