

Chicken Pie

Ingredients

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- 1 tbsp butter
- 1 leek, sliced
- 1 onion, sliced
- 200g mushrooms, sliced
- 600g chicken breasts, sliced
 - 250ml chicken stock
 - 200g soft cheese
 - Handful of spinach
- Puff pastry sheet (or make your own)
- Egg (plus 1 tsp water)

Method

1. Add your butter to a pan and fry your leeks and onions until they soften. Add your chicken followed by your chicken stock, reduce the heat and simmer for a further 5 minutes.
2. Add your cream cheese to the pan and stir until the sauce thickens, add in the mushrooms and stir for 5 minutes. Remove from the heat and add your spinach while you prepare your oven dish.
3. Pour your pan ingredients into the oven dish and roll your puff pastry over the top. Whisk an egg and 1 tsp water together to make your egg wash.
4. Brush over the pastry and pop the dish in the oven for approx. 20 minutes. At 180°C.
5. Serve with veggies or salad.

The Finer Details

Per Portion
490 Calories
45g Protein
20g Carbs
25g Fat
