

Chicken Pie

Ingredients



- 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.** In a pan, melt butter and sauté leeks and onions until softened. Add chicken and chicken stock, then reduce heat and simmer for 5 minutes.
- 2.** Stir in cream cheese until the sauce thickens. Add mushrooms and continue stirring for 5 minutes. Remove from heat and add spinach while preparing the oven dish.
- 3.** Transfer the pan ingredients to an oven dish. Place puff pastry over the top. Whisk an egg with 1 tsp of water to make an egg wash.
- 4.** Brush the pastry with the egg wash and bake in the oven at 180°C for approximately 20 minutes.
- 5.** Serve with vegetables or salad.

The Finer Details

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