



# Chicken and Vegetable Pot Pie

**1 hour 30  
minutes**

Hands on

**family**  
Portion(s)

**2**  
Difficulty



## Method

- Place a deep pot over high heat and let it get very hot.
- Remove any fat from the chicken and cut in to 1-2 cm cubes.
- Add 2 tablespoons of olive oil to the pot and the chicken cubes.
- Sauté for a few minutes, until golden.
- Add the vegetables, apart from the potatoes and sauté until the onion becomes translucent. Add a little more olive oil if necessary.
- Add the wine and allow the alcohol to evaporate.
- Add the flour. Stir and sauté for 1 minute.
- Add the bouillon cube and water.
- Turn down heat to low. Cover pot and simmer for 30-35 minutes, until the chicken has almost completely softened.
- Since flour has been added, you should stir with a wooden spoon from time to time so that the sauce doesn't stick to the bottom of the pot and burn.
- When the chicken is soft enough, remove from heat and add the heavy cream and parsley.
- Preheat oven to 180\* C (350\* F) Fan.
- Transfer to an ovenproof baking dish that can hold 2 liters. The dish should have enough sauce that is quite thick.
- You can add some boiled potatoes, chopped in to cubes. This is optional. The consistency of the dish should be like thick soup. Season to taste.
- Whisk the egg and brush over the edges of the baking dish.
- Spread the puff pastry over the baking dish and press down along the edges so it can stick. The egg brushed there will help it stick easier.
- Pierce the surface of the puff pastry with a sharp knife so that the steam created while cooking can escape. Brush the remaining egg over the puff pastry.
- Bake for 45 minutes, until golden.

## Tip

It's a "pie" because it has only sheet from above and not from below! It is very juicy! It is something between a soup and pie!

## Ingredients

- 2 tablespoon(s) olive oil
- 500 g chicken thigh fillet, boneless, cut in to 2 cm pieces
- 1 clove(s) of garlic, minced
- 2 carrots, medium sized, cut in to 0.5 cm cubes
- 250 g champignon mushrooms, thinly sliced
- 1 zucchini, cut into 0.5 cm cubes
- 1 fennel bulb, thinly sliced
- 2-3 stick(s) celery, thinly sliced
- 1 onion, sliced
- 50 g white wine
- 60 g all-purpose flour
- 1 chicken bouillon cube
- 1.000-1.250 g water
- 1 teaspoon(s) mustard, powder
- 1 tablespoon(s) thyme, dry
- 1 bay leaf
- 250 g heavy cream 35%
- 1/2 bunch parsley, finely chopped
- 2-3 potatoes, medium, boiled and cut into pieces
- salt
- pepper
- 1 egg
- 425 g puff pastry sheets

## Διατροφικός πίνακας

Nutrition information per portion

|                           |                       |                             |                            |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 359<br>Calories<br>(kcal) | 18.5<br>Total Fat (g) | 7.6<br>Saturated<br>Fat (g) | 25.1<br>Total Carbs<br>(g) |
| 18%                       | 26%                   | 38%                         | 10%                        |
| 2.9<br>Sugars (g)         | 21.3<br>Protein (g)   | 3.4<br>Fibre (g)            | 0.81<br>Sodium (g)         |
| 3%                        | 43%                   | 14%                         | 13%                        |