



# Mini creamy chicken pies

30'

Hands on

60'

Cook Time

10-12

Portion(s)

1

Difficulty



## Method

For the chicken

- Place a [frying pan](#) over high heat.
- [Cut](#) the chicken into 1 cm thin slices and add the olive oil, salt, pepper, and mix. Transfer to the pan and sauté for 2-3 minutes until golden brown.
- Add the rosemary, the thyme, the garlic finely chopped, and the butter. Cook for 3-4 minutes until the chicken is completely cooked through.
- Remove from the pan and set aside.

For the bechamel sauce

- Place the same pan over medium heat and add the butter.
- As soon as it melts, add the flour and whisk until the whole butter is absorbed and turns into a paste.
- Add the milk in batches, whisking constantly until the mixture thickens and there is a firm bechamel sauce. Remove from the heat.

To assemble

- Preheat the oven to 190° C (370° F) set to fan.
- Finely chop the chicken and add it into a bowl.
- Add the bechamel sauce, the cheeses, the mustard, the egg, and mix.
- Finely chop the green part of the spring onion and the parsley, add them to the bowl, and mix.
- Spread the puff pastry sheets on your working surface and cut them in half, lengthwise.
- Transfer the filling into a pastry bag and divide it among the four puff pastry strips.
- Spread the egg wash around the edges and wrap into a roll. Cut each roll into 3-4 pieces and press the edges with a fork to seal the dough well.
- Transfer to [baking pans](#) lined with parchment paper, brush with the remaining egg wash, and bake the pans separately for 30 minutes.
- Let them cool and serve.

## Ingredients

For the chicken

- 500 g chicken breast fillet
- 2 tablespoon(s) olive oil
- salt
- pepper
- 2 sprig(s) rosemary
- 1 tablespoon(s) thyme
- 1 clove(s) of garlic
- 1 tablespoon(s) butter

For the bechamel sauce

- 30 g butter
- 30 g all-purpose flour
- 200 g milk

To assemble

- 150 g mixed cheeses
- 1 tablespoon(s) mustard
- 1 egg
- 1 spring onion
- 2 tablespoon(s) parsley
- 850 g puff pastry sheets
- 1 egg yolk, diluted with 1 tablespoon water

## Διατροφικός πίνακας

Nutrition information per portion

440 Calories (kcal)	27.0 Total Fat (g)	15.0 Saturated Fat (g)	29.0 Total Carbs (g)
22%	39%	75%	11%
2.3 Sugars (g)	19.0 Protein (g)	1.2 Fibre (g)	1.1 Sodium (g)
3%	38%	5%	18%