



Greek Chicken Pie Turnovers

20'

Hands on

55'

Cook Time

18

Portion(s)

1

Difficulty



Method

- Preheat oven to 180°C (350°F).
- Place a nonstick pan over high heat and let it get very hot.
- Put the chicken fillets in a bowl and add some olive oil, salt and pepper. Stir to coat.
- Add the fillets to the hot **pan** and brown on both sides.
- In the meantime, place the herb sprigs on the bottom of a small **baking pan** that is just large enough to hold the fillets.
- When the chicken is ready, add the garlic and butter to the pan and let the butter melt.
- Transfer the fillets to the baking pan, placing them directly over the herbs. In this way, all of the aroma from the herbs will soak in to the chicken while cooking.
- Bake for 15 minutes, until cooked through.
- When ready, remove from oven and set them aside to cool for 5-10 minutes.
- Chop in to small cubes and transfer to a bowl.
- Add the cream cheese, mustard, lemon zest, lemon juice, coriander, salt and pepper. Mix until all of the ingredients are completely combined.
- To prepare the pies, cut each sheet of phyllo (6 sheets) in to 3 pieces along the width and place them one on top of the other.
- Drizzle the first piece with some olive oil and add a heaping tablespoon of filling.
- Fold it over on itself to create a triangle.
- Repeat the same process with the remaining sheets of phyllo dough and filling.
- Transfer triangular pies to a baking pan lined with parchment paper.
- Drizzle with some olive oil and sprinkle with sesame seeds.
- Bake for 35 minutes, until golden and crunchy.

Ingredients

For chicken

- 2 chicken fillets
- some olive oil
- freshly ground pepper
- salt
- 1 sprig of thyme, oregano and rosemary
- 2 cloves of garlic, crushed
- 1 tablespoon butter
- For filling
- 500 g cream cheese
- 1 tablespoon mustard
- grated zest of 1 lemon
- 1 tablespoon lemon juice
- fresh coriander
- salt
- pepper

For turnovers

- 1 package country style phyllo dough (6 thicker sheets)
- olive oil, for brushing
- sesame seeds, for sprinkling

Διατροφικός πίνακας

Nutrition information per portion

200 Calories (kcal)	11.0 Total Fat (g)	5.1 Saturated Fat (g)	17.0 Total Carbs (g)
10%	16%	26%	7%
1.5 Sugars (g)	8.4 Protein (g)	0.6 Fibre (g)	0.75 Sodium (g)
2%	17%	2%	13%