



Chicken Pot Pies

15'

Hands on

15'

Cook Time

5

Portion(s)

1

Difficulty



Ingredients

- 2 tablespoons olive oil
- 1 large leek, finely chopped
- 1 clove garlic, minced
- 2 spring onions, cut into large rounds
- 200 g chicken thighs, cooked
- 350 g [cheddar sauce](#)
- grated zest from 1 lemon
- 1 teaspoon chili flakes
- 5 sprigs fresh thyme, finely chopped
- 1 tablespoon mustard
- 3 tablespoons milk
- 1 sheet puff pastry
- 1 egg, beaten
- black sesame seeds, for sprinkling

Method

- Preheat oven to 190* C (370* F) Fan.
- Place a large pan over low heat.
- Add the olive oil, leek, garlic and spring onion.
- Sauté for about 10 minutes, until the leek and onion softens.
- In the meantime, cut the chicken into small bite sized chunks.
- Remove the pan from heat and add the cheddar sauce, lemon zest, chili flakes, thyme, mustard, milk and the chicken.
- Mix to combine completely.
- Divide the mixture evenly between 5 round ramekins (100 ml capacity each).
- Place the puff pastry sheet on a working surface that has been dusted with flour.
- Cut out 5 circles that are larger than the circumference of the ramekins so that can cover and seal them properly.
- Place each circle over each ramekin and press the edges of the puff pastry gently with your fingers to close around the ramekin.
- Brush the puff pastry with the beaten egg and sprinkle with black sesame seeds.
- Bake for 15 minutes, until golden.

Διατροφικός πίνακας

Nutrition information per portion

308 Calories (kcal)	18.9 Total Fat (g)	9.7 Saturated Fat (g)	10.3 Total Carbs (g)
15%	27%	49%	4%
2.8 Sugars (g)	23.8 Protein (g)	0.81 Fibre (g)	1.6 Sodium (g)
3%	48%	3%	26%

Tip

You can use any leftover chicken to make this delicious recipe ;)