

## Chicken, Corn & Leek Pie

Just the words "chicken pie" are enough to send us off into a reverie of rainy days and warming home cooking. There's no need to reinvent the wheel when sweet corn and leek make such perfect bedfellows in this pie. Best served on a cold, winter's day when this pie will send a warm, wafting aroma rising gently towards you.



Prep: 20 mins Cook: 30 mins Total: 50 mins



























Mustard







Baby Spinach





Garlic



Chicken Stock Cube







Parsley



Parmesan Cheese

2P	4P	Ingredients		# Ingredie
400 g	800 g	potatoes, peeled & cut into 2 cm chunks		in anoth
1 tbs	2 tbs	butter *		4
2 tsp	1 tbs	olive oil *		Pantry
1 packet	2 packets	chicken thighs, fat trimmed & diced		
1	2	leek, halved & thinly sliced		Pre-pre
1	2	carrot, peeled & finely diced	<del>1</del>	
1 cob	2 cobs	corn, husked & kernals removed		Nutrition
1 clove	2 cloves	garlic, peeled & crushed	<del>(1)</del>	Energy
½ bag	1 bag	baby spinach, washed	<del></del>	Protein
1/2	1	chicken stock cube		Fat, total
2 tbs	4 tbs	hot water *		-saturated
½ cup	1 cup	milk *		Carbohydra
1 tbs	2 tbs	plain flour *		-sugars
1 tbs	2 tbs	Dijon mustard *		Sodium
⅓ bunch	⅔ bunch	parsley, finely chopped	<del></del>	
½ block	1 block	Parmesan cheese, finely grated (recommended a	mount)	

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Items

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Energy	2730	Kj
Protein	49.9	g
Fat, total	27.2	g
-saturated	10.7	g
Carbohydrate	46.8	g
-sugars	11	g
Sodium	809	mg



You will need: vegetable peeler, chef's knife, chopping board, garlic crusher, fine grater, baking dish or individual ovenproof ramekins, large saucepan, colander, potato masher, medium frying pan, bowl, paper towel, small jug, whisk and a fork.

Preheat the grill to a medium-high heat. Grease a baking dish or individual ovenproof ramekins.



Place the potato in a large saucepan of water, bring to the boil and cook for 20 minutes or until tender. Drain. Add half of the butter and season with salt and pepper. Using a potato masher, mash the potato until you reach a chunky and firm consistency.



Meanwhile, heat the **olive oil** in a medium frying pan over a mediumhigh heat. Add the chicken thighs and cook, stirring, for 3-4 minutes or until browned. Transfer the chicken to a bowl and set aside. Place the same pan back over a medium-high heat. Add the leek, carrot and corn and cook, stirring, for 5 minutes or until soft. Add the garlic and cook, stirring, for 1 minute or until fragrant. Add the baby spinach and stir through until wilted. Transfer to the same bowl as the chicken. Wipe the pan clean with a paper towel.



4 In a small jug combine the chicken stock cube, hot water and milk. Melt the remaining butter in the same frying pan over a medium heat. Stir in the plain flour and cook, stirring, for 1 minute. Slowly whisk in the stock mixture. Cook, stirring, for **5 minutes** or until the sauce thickens. Stir through the **Dijon mustard**. Season with salt and pepper. Stir through the parsley and the chicken and vegetable mixture. Transfer the mixture to the baking dish or individual ovenproof ramekins.

5 Top with the mashed potato and roughen up with a fork. Sprinkle with the Parmesan cheese. Cook under the grill for 5-10 minutes, or until golden. Remove from the oven, divide between plates and enjoy!