



CREAMY CHICKEN & VEGETABLE PIE

with Cheesy Crushed Potato Topping



Make a crushed potato pie topping!



Garlic



Carrot



Zucchini



Leek



Parsley



Thyme



Chicken Thigh



Potato



Baby Spinach Leaves



Cooking Cream



Chicken Stock



Wholegrain Mustard



Shredded Cheddar Cheese

Hands-on: **45 mins**
Ready in: **55 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

If we had to choose an entry for the 'Pie Most Likely To Please' competition, we'd be nominating this one. It has tender chunks of chicken thigh and veggies cocooned in a creamy sauce flavoured with thyme and mustard, topped off with chunks of tender crushed potato and a cheesy Cheddar crust. It's a winning combination you can't help but love.

Pantry Staples: Olive Oil, Butter, Plain Flour
(Or Gluten-Free Plain Flour)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large saucepan** • **large frying pan** • **large baking dish**



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Finely chop the **garlic** (or use a garlic press). Finely chop the **carrot** (unpeeled). Finely chop the **zucchini**. Thinly slice the **leek**. Roughly chop the **parsley**. Pick the **thyme** leaves. **TIP:** Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can just chop them instead. Chop the **chicken thigh** into 2cm chunks.



4 MAKE THE SAUCE

Preheat the grill to high. Return the frying pan to a medium heat and melt the **butter**. Add the **plain flour** and cook, stirring, until combined, **1 minute**. Add the **hot water**, **cooking cream**, the **salt (for the sauce)**, the crumbled **chicken stock** cubes and season with **pepper**. Cook, stirring, until the sauce thickens, **5 minutes**. Stir through the **wholegrain mustard**.



2 COOK THE POTATO

Peel the **potato** and cut into 2cm chunks. **TIP:** Leave the skin on the potato if you want to save time! Add the potato to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Using a fork, break the potato into rough chunks. Add a **drizzle of olive oil**, the **salt (for the potato)** and a **pinch of pepper**, and toss to coat. Set aside.



5 BAKE THE PIE

Return the **chicken** and **vegetables** to the frying pan and stir through the **creamy sauce**. Transfer the mixture to the large baking dish and top with the crushed **potato**. Sprinkle with the **shredded Cheddar cheese**. Grill until the **cheese** has melted and the potato is crispy and golden, **7-8 minutes**.



3 COOK THE FILLING

Heat a **drizzle of olive oil** in a large frying pan over a high heat. Add the **chicken** and cook, tossing, until browned, **5-7 minutes**. Transfer to a large baking dish. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot**, **zucchini** and **leek** and cook, stirring, until softened, **5-6 minutes**. Add the **garlic**, **thyme**, **baby spinach leaves** and **1/2** the **parsley** and cook, stirring, until fragrant, **2-3 minutes**. Add to the large baking dish with the **chicken**.



6 SERVE UP

Divide the chicken and vegetable pie between plates and sprinkle the remaining parsley over the adults' portions.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
carrot	1
zucchini	1
leek	1
parsley	1 bunch
thyme	1 bunch
chicken thigh	1 packet
potato	4
salt* (for the potato)	¼ tsp
baby spinach leaves	1 bag (90 g)
butter*	40 g
plain flour* (or gluten-free plain flour)	2 tsp
hot water*	¾ cup
cooking cream	1 packet (150 ml)
salt* (for the sauce)	½ tsp
chicken stock	2 cubes
wholegrain mustard	1 tub (40 g)
shredded Cheddar cheese	1 packet (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2800kJ (669Cal)	509kJ (122Cal)
Protein (g)	38.5g	7.0g
Fat, total (g)	40.7g	7.4g
- saturated (g)	22.6g	4.1g
Carbohydrate (g)	35.1g	6.4g
- sugars (g)	6.1g	1.1g
Sodium (g)	964mg	175mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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