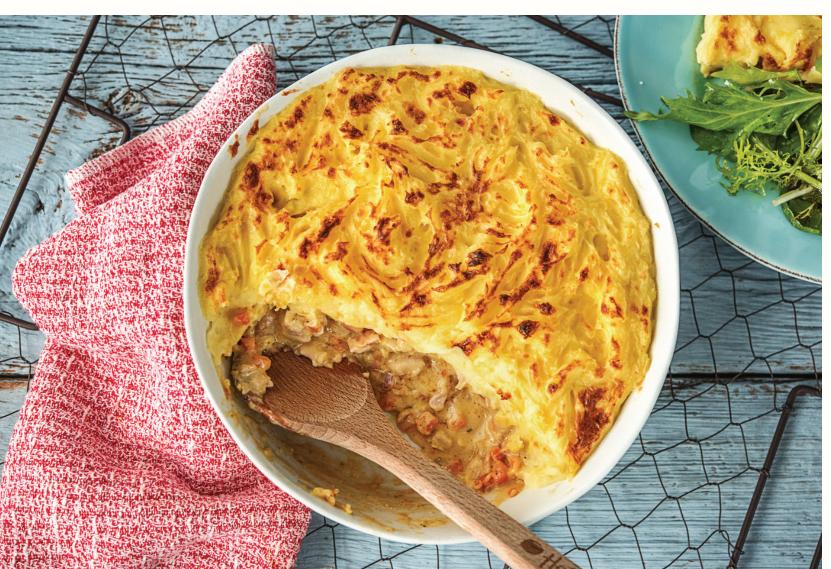


MASH-TOPPED CHICKEN & BACON PIE

with Lettuce Salad





Cook veggies with bacon to boost their flavour



Brown Onion







Free-Range Chicken







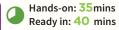




Sweet Mustard Spice Blend

Lettuce Mix

Pantry Staples: Olive Oil, Butter, Milk, Salt, Plain Flour, Balsamic Vinegar



Eat Me Early

With rich bacon-cooked veggies and tender sweet mustard chicken, there's a lot more under the fluffy mashed potato surface of this pie than meets the eye...

START

Our fruit and veggies need a little wash before you use them!! You will need: medium saucepan with a lid, vegetable peeler, chef's knife, chopping board, garlic crusher, colander, potato masher or fork, large frying pan, wooden spoon, small baking dish or small ramekins and a medium bowl.



1 GET PREPPED

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2 cm chunks. Finely chop the **bacon**. Finely chop the **carrot** (unpeeled). Finely slice the **brown onion**. Cut the **free-range chicken thigh** into 2 cm chunks. Peel and crush the **garlic**.



Add the **potato** to the saucepan of boiling water and cook for **10-15 minutes**, or until easily pierced with a knife. Drain and return to the saucepan. Add the **butter**, **milk** (**for the potato**) and **salt** (**use suggested amount**) and mash using a potato masher or fork until

smooth. Set aside and cover to keep warm.



While the potato is cooking, heat a drizzle of olive oil in a large frying pan over a mediumhigh heat. Add the bacon, carrot and onion and cook for 5 minutes, or until soft. Add the chicken and cook, tossing, for 3-4 minutes, or until brown. Add the garlic and sweet mustard spice blend and cook for 1 minute, or until fragrant. Stir in the plain flour and slowly add the milk (for the filling). Season with a pinch of salt and pepper.



4 GRILL THE PIE
Preheat the grill to high. Transfer the pie
filling into a small baking dish (or small
ramekins) and spoon over a thin layer of mashed
potato. Fluff the mash with a fork, then place the
dish under the grill for 6-8 minutes, or until the
mash is lightly golden.



TOSS THE MIXED SALAD
While the pie is grilling, place the lettuce
mix in a medium bowl and toss with a drizzle
of olive oil and the balsamic vinegar. *TIP:
Toss the salad just before serving to avoid
soggy leaves.



SERVE UPDivide the mash-topped chicken & bacon pie between plates and serve with the lettuc salad on the side.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	400 g	800 g
bacon	1 packet	1 packet
carrot	1	2
brown onion	1	2
free-range chicken thigh	1 packet	1 packet
garlic	1 clove	2 cloves
butter*	2 tbs	4 tbs
milk (for the potato)*	1 tbs	2 tbs
salt*	1/4 tsp	½ tsp
sweet mustard spice blend	1 sachet (2 tsp)	2 sachets (1 tbs)
plain flour*	½ tbs	1 tbs
milk (for the filling)*	¼ cup	½ cup
lettuce mix	1 bag	1 bag
balsamic vinegar*	2 tsp	1 tbs

*Pantry Items

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IUTRITION	PER SERVING	PER 100G
nergy (kJ)	2790kJ (667Cal)	333kJ (80Cal)
rotein (g)	47.1g	5.6g
at, total (g)	17.5g	2.1g
saturated (g)	4.6g	0.5g
arbohydrate (g)	76.6g	9.2g
sugars (g)	14.0g	1.7g
odium (g)	2150mg	257mg

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