



MASH-TOPPED CHICKEN & BACON PIE

with Lettuce Salad



Cook veggies with bacon to boost their flavour



Brown Onion



Garlic



Free-Range Chicken Thigh



Potato



Bacon



Carrot



Sweet Mustard Spice Blend



Lettuce Mix

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

Hands-on: **35 mins**
Ready in: **40 mins**

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...

BEFORE YOU 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**.



2 MAKE THE MASHED POTATO

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.



3 COOK THE PIE FILLING

While the potato is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high 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.



5 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.*



6 SERVE UP

Divide the mash-topped chicken & bacon pie between plates and serve with the lettuce salad on the side.

ENJOY!

2 | 4 PEOPLE 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*	¼ 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

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2790kJ (667Cal)	333kJ (80Cal)
Protein (g)	47.1g	5.6g
Fat, total (g)	17.5g	2.1g
- saturated (g)	4.6g	0.5g
Carbohydrate (g)	76.6g	9.2g
- sugars (g)	14.0g	1.7g
Sodium (g)	2150mg	257mg

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