

FAMILY CHICKEN & VEGETABLE PIE



MINUTES TO PREPARE
10



MINUTES TO COOK
35



SERVES
5

INGREDIENTS

1 onion, peeled and diced
2 carrots, peeled and diced
4 rashers smoked bacon, cut into strips
1 clove garlic, peeled and crushed
1 tablespoon rapeseed oil
250g frozen peas
700ml chicken stock or bouillon
2 tablespoons cornflour mixed with 4 tablespoons cold milk
30g grated cheddar or Parmesan cheese
4 chicken fillets cut into small chunks
1 handful of fresh parsley, chopped
6 large potatoes, peeled and cut into chunks for mashing
30g salted butter
Salt and pepper

LET'S GET COOKING

- 1 Preheat the oven to 200.
- 2 First, prepare the mash. Place the potato chunks in to a saucepan and pour over water. Add a pinch of salt and bring to the boil. Cook until the potatoes are tender. Drain, add the butter and mash well until creamy.
- 3 Meanwhile, heat the oil in a large oven proof dish over a medium heat. Add the onions and carrots, and sauté for 5 minutes, stirring from time to time. Add the bacon and garlic and cook for a further 5 minutes. Add the stock, bring to the boil and turn down to a gentle simmer.
- 4 Place the cornflour in a small bowl, and add the cold milk. Stir until the cornflour has dissolved. Add the flour and milk paste to the boiling stock, and stir until the stock has thickened.
- 5 Add the grated cheese, peas, chopped parsley and chicken chunks. Stir well and season with freshly ground black pepper.
- 6 With a fork, carefully cover the chicken and vegetables with the mashed potatoes, spreading evenly as you go. Using the back of the fork, create a rough top which will catch in the oven. This will give you a crusty topping. Cook for 25 minutes.
- 7 Serve with seasonal green vegetables. I love it with steamed runner beans, green beans and sugar snap peas.

"Once cooked, this freezes well. To reheat, defrost thoroughly, cover in foil and warm through in the oven until it's piping hot in the middle."

If you happen to have made some chicken stock or have any lurking in the freezer then now is a great time to use it for an additional nutrition boost. If not, vegetable bouillon or a stock cube will work just fine!"