

Chicken and Leek Pie with a Cheesy Thyme Sauce



| Serves | Prep Time | Cooking | Total Time | Calories |
|-----------------|-----------|---------|------------|-----------------|
| 4 people | | | | 516 kcal |

Stuff that's in it:

- 128G Leeks (Washed, Sliced Down Middle, Quartered And Chopped)
- 540G Chicken Breast (Sliced Into Strips)
- 100G Baby Chestnut Mushrooms (Sliced)
 - 100G Orange Pepper (Chopped)
- 1 Large Clove Garlic (Finely Chopped)
- 1 Tbsp Fresh Thyme (Finely Chopped)
- Fry Lite Or A Squirt Of Rapeseed Oil
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- Sauce:
 - ½ Tsp Dijon Mustard
 - 350Ml Skimmed Milk
 - 30G Parmesan Cheese (Grated)
 - 25G Lighter Butter
 - Salt And Cracked Black Pepper
 - 50G Eat Lean Red (Sliced)
 - 25G Plain Flour
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- Lid:
- 300G Ready To Roll Lighter Puff Pastry
- ½ Egg (To Whisk Into Egg Wash)

What you do:

Pre heat your oven to 190°C

Warm the milk In the microwave, in a small saucepan, add the butter, melt, add the flour, whisk with a fork to a thick paste, add 200ml of milk and whisk, add the Parmesan, bring to a simmer while whisking, add more milk, add the mustard, then add the protein cheese (or your fave).

Let everything blend and thicken and take off the heat so it doesn't burn, sit to one side.

Pop a rectangle baking dish in the oven to warm up. In a large pan squirt some oil, add the mushroom, pepper, leek and garlic , fry gently for around 5 minutes until golden. Using oven mitts , take out the dish, add the veg and flatten. Bring the fry pan back up to heat and add another squirt of fry lite, add the chicken and fry for around 5-6 minutes all over until just cooked. Add the chicken to the baking dish, pour over the sauce.

Then take the ready made puff pastry and lay over the top, sealing all the edges, whisk an egg up and use a pasty brush to coat the whole of the lid, pop a few holes in, then bake for around 25 minutes until golden brown.

Check your chicken is cooked through (must be 75°C and over).

Serve with vegetable.

Don't fancy pastry? This would be delicious served with rice or potatoes too

Nutrition

- Carbs: 45g
- Fat: 14g
- Protein: 50g