

Chicken & Leek Pie

Ingredients

- 700g Chicken Breasts or Diced Chicken
- 100g Onion
- 150g Leek - 1 medium
- 200g Pancetta or Lardons
- 100g Peas
- ¾ Pint of Semi-Skimmed Milk
- 1 powdered Chicken & Leek Bake Sauce
- A splash of rapeseed or sunflower Oil

Options

- It's ok to do half-and-half peas and sweetcorn
- This recipe is for serving in a foil tray with mashed potato topping but you could serve in a 3-cell tray with separate potato and vegetables.
- Can be frozen individually in a plastic tray to be served with a baked potato.

Equipment

- Big pot
- Pair of kitchen scissors
- Sharp knife
- Basic utensils – nothing special!

Preparation

- Get the ingredients and equipment to hand.
- Dice the onion - although it is much easier to use frozen onion.
- Chop the leek.



Ready to top with
mashed potato



Also goes well with a
baked potato

Method

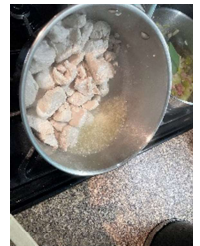
Add a splash of rapeseed or sunflower oil to the bottom of the pan and heat gently.

Add the chicken.

If you are using chicken breasts, use a fork to hold the chicken and the scissors to cut the chicken directly into the pot. Do not wash the chicken.

Keep turning the chicken for about 10 minutes until sealed on all sides. If you leave it for more than 10 minutes, the chicken will be nearly fully cooked but that's ok as it will keep moist and will have plenty sauce.

Tip: Cheap chicken gives off a lot of water and white gunk so you might want to pour off some of that liquid.



Add the onion, leek and pancetta and keep them moving in the pot until softened.

Mix the powdered sauce with the milk and add to the pot.

Return to the boil and allow to simmer for a further 5 minutes.

Add the peas and simmer for a further minute.

Take a look at the Mashed Potato Technique overleaf.



Two-Pot Method

Portions

Number of portions	5
Final Portion Size	225g
Storage Container	Small Foil

Storage

This can be served fresh but also ideal for freezing in a small foil tray or a 3-Cell tray for individual meals.

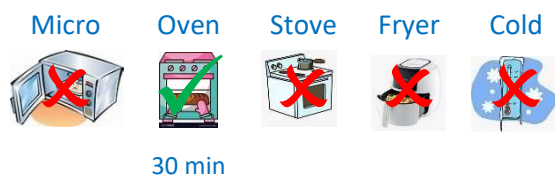
Add 225g of Chicken to the bottom of the foil tray and press gently into the corners.

Add mashed potato to the top.

Allow to cool before freezing

Heating & Serving

Heating instructions from thawed are a guide only.



It is preferred to defrost in the fridge overnight but can be heated from frozen.

Pre-heat the oven to 190°, gas mark 5.

Remove the lid and place the foil container on a baking tray.

Your heating times may vary so be sure the meal is piping hot throughout before serving.

To serve on a pre-heated plate, fold back the sides of the foil tray and transfer the meal to the plate with a fish slice.

Can be eaten directly from the foil tray.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Leeks
- Mashed Potato
- Using a 3-Cell Container

Dicing Chicken

Use a fork to hold the chicken breast over the pot and cut into rough chunks with the kitchen scissors, directly into the pan.

Safety Tip

Reduce the Risk of Cross-Contamination & Food Poisoning

Do not wash the chicken.
Put the fork and scissors right into the dishwasher or a basin of hot water.
Wash your hands.

Topping With Mashed Potato

Add two ice-cream scoops of mashed potato to the top and use two forks to spread it over the meat. Keep the potato below the lower rim of the foil tray so we can fit the lid.



Note that my ice-cream scoop creates balls of mashed potato that are about 70g.