

Chicken, Mushroom and Veg Pies

Serves: 6

Prep time: 20 minutes

Cook time: 35-45 minutes



2 serves per portion

Ingredients

1 tablespoon extra virgin olive oil

2 cloves garlic, chopped

1 brown onion, diced

6 sprigs dried thyme, leaves picked off stems

¼ butternut or Kent pumpkin, seeds and skin removed, cut into small cubes

500g chicken thighs, chopped into chunks

½ cup wholemeal flour

1 vegetable stock cube and ½ cup water *OR* ½ cup liquid vegetable stock

8 button or brown mushrooms, diced

2 portobello mushrooms, diced

2 sheets puff pastry

1 egg, lightly whisked

Method

PREHEAT oven to 180°C.

HEAT oil in a heavy based casserole dish over medium heat. Add garlic and onion once pan is hot and cook until translucent (about 5 minutes).

ADD thyme and pumpkin to the pot, stir, then cover and cook until pumpkin starts to disintegrate (around 5 minutes).

COAT the chopped chicken in wholemeal flour then add to the pot, frying until browned.

ADD stock, cover and lower heat. Cook for 5 minutes or until chicken is cooked through.

ADD mushrooms to pot, stir, then cover with lid and turn off heat. Let the mushrooms cook in the residual heat for 2 minutes.

TRANSFER mixture to either a medium oven-proof baking dish *OR* ladle into individual pie ramekins.

CUT pastry to fit pie dish or ramekins then brush with egg.

COOK in oven for 20-30 minutes or until the crust is golden brown. Cooking time may depend on the size of baking dish used.

SERVE with a side of steamed green vegetables and your choice of carbohydrate (e.g. crusty wholemeal bread, brown rice, pasta etc).



Discretionary Food

Recipe courtesy of Suzie van Laarhoven, Country Kitchens team