

Moroccan Spiced Chicken Pot Pie

Serves: 6

Prep time: 20 minutes

Cook time: 1 hour



2 serves per portion

Ingredients

3 tablespoons margarine

1 onion, diced

1 teaspoon ground paprika

½ teaspoon ground turmeric

½ teaspoon ground cumin

½ teaspoon ground coriander

½ teaspoon ground black pepper

½ teaspoon chilli flakes

⅓ cup plain flour

1 ½ cups chicken stock, reduced salt

½ cup milk, reduced fat

2 carrots, chopped

1 zucchini, chopped

1 capsicum, chopped

⅓ cup dates *OR* prunes, roughly chopped

⅓ cup slivered almonds

2 cups chicken, shredded* (store bought rotisserie or homemade)

¼ cup fresh parsley leaves, roughly chopped

1-2 sheets frozen puff pastry, reduced fat, thawed

1 large egg, beaten



Everyday Food

Method

PREHEAT oven to 200°C.

MELT margarine over medium heat in a large ovenproof skillet. Add the onion, paprika, turmeric, cumin, coriander, pepper and chilli. Cook until onions are soft and fragrant (about 3-5 minutes).

ADD the flour and whisk for 1-2 minutes, until there are no lumps.

WHISK in chicken stock and milk slowly. Bring to the boil.

REDUCE heat to medium-low and whisk until sauce thickens slightly, about 10 minutes. Stir in carrots, zucchini, capsicum, dates or prunes, and almonds. Simmer for 10 minutes until tender.

REMOVE skillet from heat and stir in shredded chicken and parsley.

ROLL out thawed puff pastry on a floured surface until it is slightly larger than your skillet. Place the pastry over the skillet, tucking the sides under the top to fit.

BRUSH with egg and make three slits in the top of the pastry with a sharp knife.

BAKE until pastry is golden brown, about 45 minutes. Allow to cool slightly before serving.

***Note:** If making shredded chicken at home, simply place 2 chicken breasts in a large pot, cover with water and bring to the boil on the stovetop. Once liquid is boiling, reduce heat, cover and simmer until chicken is cooked through. Remove and shred with a fork.

Recipe courtesy of the Country Kitchens 2024 Country of Study Recipe Collection – Morocco