

Chicken Pot Pies

Serves: 2

Prep time: 15 minutes

Cook time: 45 minutes



1 ½ serves per portion

Ingredients

1 tablespoon olive oil
¼ onion, chopped
1 carrot, chopped
1 garlic clove, chopped
1 chicken breast (~250g), cut into chunks
1 tsp dried thyme
Pinch of pepper
½ zucchini, chopped
1 tablespoon flour
¼ cup milk
½ cup chicken stock
½ cup peas
Olive oil spray
½ sheet puff pastry

Method

PREHEAT oven to 180°C.

HEAT a frypan over medium heat. Add the olive oil, onion and carrot and cook for 5 minutes until softened.

ADD the garlic and chicken and cook for 5 minutes, stirring occasionally.

SEASON with dried thyme and pepper and add the zucchini. Mix well.

ADD in the flour and cook, stirring, for 1 minute.

POUR in the milk and chicken stock and bring to a simmer, stirring continuously.

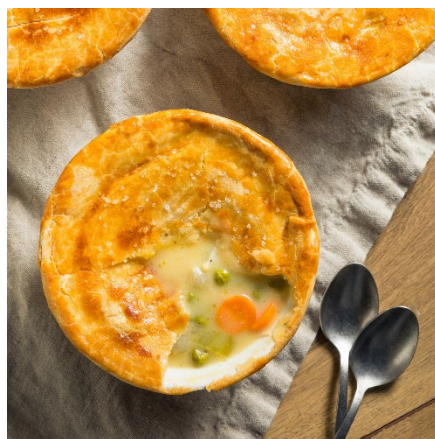
ALLOW sauce to thicken and then add peas before removing from heat. Allow mixture to cool slightly.

SPRAY two 375-500mL cup ramekins with oil. Divide mixture between the ramekins.

CUT puff pastry to cover over the top of the ramekin, folding over the edges.

PIERCE pastry with a knife in the middle to allow steam to escape.

BAKE in oven for 30 minutes or until pastry is golden brown.



Everyday Food

Recipe courtesy of the Country Kitchens team