

CHICKEN AUTUMN PIE

SERVES 4 / PREPARE 10 MINS / COOK 45 MINS

Ingredients

1	Carrot peeled and diced	200ml	Chicken stock
1/2	A small butternut squash, deseeded, peeled and diced	A few	Sprigs of thyme
		500g	Packet of all-butter puff pastry
1	Leek, trimmed, washed and thinly chopped	1	Garlic clove, peeled and roughly chopped
8	Chicken thighs, skinned boned and cut into bite-size pieces	1	Onion chopped
		2tbsp	Wholemeal flour
1	Large free-range egg		

Instructions

Preheat the oven to 190C.

Heat a little oil in a frying pan and fry the onion, leek, and garlic over a medium heat for 10 to 15 min, until the leeks are soft. Remove from the pan and set aside.

Put the pan back on the heat. Add some oil and add the chicken. Cook until the chicken starts to brown, then add the leeks, onion and garlic. Add the squash, thyme and flour. Stir for a few more minutes. Then add the stock and simmer for 10 minutes.

Dust a clean work surface with flour and roll out the pastry big enough to fit over your pie dish.

Beat the egg and place to one side. Tip the chicken filling into the pie dish and brush the edge of the dish with the egg mixture. Then roll the pasty around the rolling pin and drape it over the top.

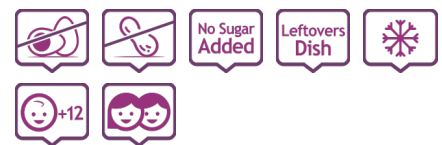
Use a fork to press the edges of the pastry to the side of the dish. Trim any excess and brush the top with the egg. Make a little hole in the middle to allow some air to escape and use any leftover pastry to decorate the top with leaves.

Bake in the preheated oven for about 45 min or until the pastry is golden brown.

Serve hot with some tomato sauce on the side and a green vegetable such as broccoli.



Nutrifacts



Chicken contains PROTEIN to help your body heal and grow and it is quite low in SATURATED FAT if you avoid the skin.

Garlic is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

Carrots, butternut squash and leeks are high in FIBRE that helps intestinal health & transit.

Onions are high in QUERCETIN. Which research shows has anti-inflammatory and antioxidant properties and may help fight certain cancers. Onions are also rich in PRE-BIOTICS, which feed the good bacteria in our gut.

Puff Pastry is high in REFINED CARBOHYDRATES and SATURATED FAT so it should only be consumed occasionally and always with plenty of vegetables and good-quality protein to balance its blood sugar effect.

Wholemeal flour is high in FIBRE that helps Carrots are high in FIBRE that helps intestinal health & transit