



WIGGLY
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CHICKEN & LEEK PIE

(with mash and vegetables)

CHALLENGING



INGREDIENTS (serves 4)

FOR THE SAUCE

75g Butter
75g Plain flour
350ml Milk
400ml Chicken stock
1tbsp English mustard

FOR THE PIE FILLING

1 tbsp Oil
1 White onion
2 Cloves of garlic
3 Chicken breasts
1 Leek

FOR THE PASTRY

150g Cold butter, cut into cubes, plus extra for the dish
400g Self-raising flour, plus extra for dusting
2 Eggs, beaten
Cold water (maybe required to bring pastry together)

VEGETABLE ACCOMPANIMENTS (optional)

Potatoes (mashed)
Carrots
Beans
Knob of butter
Salt and pepper

NUTRITION INFORMATION

	per 100g
Energy	749kJ/179kcal
Fat	9.1g
of which saturates	5.2g
Carbohydrate	16g
of which sugars	1.8g
Protein	8.1g
Salt	0.32g

METHOD

PASTRY

To make the pastry, rub the butter into the flour with a large pinch of salt until completely combined. Add half the beaten egg and 4 tbsp ice-cold water, and bring together into a dough using your hands, adding a little more water if needed. Knead lightly until it all comes together, then wrap in clingfilm and chill for 1 hr. Once chilled cut in half. One half of the pastry is used to line the base of your tin the other half for is for the top. Once cut in half roll out both sides of the pastry using a rolling pin. Dusting the work surface with flour to prevent the pastry from sticking. Line the base of the tin and crimp the top edge.

Blind bake the base for 8-10mins in a pre heated oven at 180c. Once baked set aside and make the pie filling.

FILLING AND SAUCE

Weigh all the ingredients out for the sauce.

In a saucepan melt the butter and then add the flour - this will form the base of your sauce called a roux. Cook for a few minutes until golden and sandy in colour.

Slowly add the milk, mixing as you stir into the sauce. The sauce will go into a thick paste but will loosen as you add more liquid so do not worry. Once all the milk has been added slowly add the stock. Repeating the process as with the milk.

Once all the stock and milk have been added, add the mustard and season with salt and pepper to taste. Set the sauce to the side - if a bit more liquid is required don't be afraid to add some milk or extra water to loosen the sauce to the correct consistency.

Dice the onion and garlic and slice the leek. Give the leek an extra wash if it contains lots of dirt and grit. Once prepared place into a bowl and set aside.

On a separate board (if you have one or turn the one over that you used for chopping the vegetables) prepare the chicken breast. Trim any excess fat on the breast, then dice into equal size pieces.

In a new saucepan put in your oil and cook off your onions, garlic and leeks cooking with no colour.

Once the vegetables have softened add your chicken and cook until coloured white throughout.

Once the chicken is almost cooked, pour the sauce over the chicken to finish cooking it and warming the sauce through.

Now the chicken is cooked place the chicken and sauce mix into the lined pastry tin.

Then place the rolled-out lid on top and egg wash. Place the pie in the oven for 25-30 minutes at 180c until golden brown.

ACCOMPANIMENTS

Whilst the pie is in the oven, we can cook the vegetables. Peel and dice the potatoes and cover with water in a saucepan. Place the potatoes on the stove and bring to the boil. Once the potatoes are soft and tender, drain and mash. Add butter and salt and pepper to taste.

Peel and cut the carrots to your liking topping and tailing your fine beans. Place the carrots and beans in a saucepan covered in water. Once on the stove bring them to a simmer until they are tender.

Once all the elements are cooked, plate up and enjoy your chicken and leek pie with mash and seasonal vegetables.