

Family Meal

CHICKEN POT PIE

Introducing the perfect winter warmer! Bursting with flavours, this delightful dish combines tender chicken, baby spinach and a creamy sauce all topped with a buttery, flaky crust. Add your own creative twist and replace the spinach with a vegetable of your choice!

MAKES 4-6 INDIVIDUAL PIES DEPENDING ON YOUR RAMEKIN SIZE
OR ONE FAMILY SIZE PIE TO SERVE 4

INGREDIENTS

- | | |
|--------------------------------------|--|
| 2 tablespoons butter | 1 teaspoon finely chopped fresh thyme |
| 2 tablespoons plain flour | 2 big handfuls of baby spinach or vegetable of your choice |
| 1 cup chicken broth | Salt and pepper to taste |
| 1 cup milk | 1 sheet puff pastry, defrosted |
| 2 cups precooked chicken meat, diced | |
| 2 eggs | |

**JUNIOR CHEF
CHALLENGE**



UP FOR THE CHALLENGE?

SCAN THE QR CODE AND
FIND A RECIPE TO MAKE
ROUGH PUFF PASTRY OR HOW
TO POACH YOUR OWN CHICKEN



SOUTH
MELBOURNE
MARKET
SINCE 1867

CHICKEN POT PIE



METHOD

STEP 1

Get prepared

- If you're making your own rough puff pastry or poached chicken, do these first.
- Preheat the oven to 190°.
- Chop the cooked chicken, thyme and your choice of vegetable so they're ready to go.



MAKE SURE A PARENT OR GUARDIAN ARE ASSISTING YOU WITH THE HOT STOVE.

STEP 2

Make the sauce base

- In a large pan, melt the butter over a medium heat.
- Add the flour to the pan and stir well, allowing it to cook for about a minute until it resembles a sand consistency.
- Gradually pour in the chicken broth and milk, stirring constantly to avoid lumps.
- Bring to a gentle simmer, stirring often with your whisk and continue cooking until the sauce is thick.

TIPS: CREATE A DECORATIVE TOPPING: USE ANY LEFTOVER PASTRY TO CUT OUT SHAPES OR SPELL OUT YOUR NAME!

STEP 3

Add your filling

- Add the cooked chicken.
- Add the baby spinach or your choice of vegetable.
- Add the fresh thyme leaves, salt and pepper to the pan.
- Stir well to combine all the ingredients. Cook for another 2–3 minutes until everything is heated through.

STEP 4

Assemble your pie(s)

- Lightly grease your individual ramekins or a 22cm pie dish with butter or oil.

- Pour the chicken filling into the pie dish or distribute it evenly amongst the ramekins.
- Cover the filling with the puff pastry and carefully cut off the excess pastry leaving 1cm over the edge.
- Use a fork to press the edges of the pastry to seal it to the dish.
- Crack the eggs into a bowl and whisk them, brush all over pastry.
- Bake in the preheated oven for about 25–30 minutes, or until the crust is golden brown and the filling is bubbling.
- Remove from the oven and let it cool for a few minutes before serving. Enjoy your delicious chicken pot pie!