



Tarragon Chicken Pot Pie

with Root Veggie Top

Country chicken pie, but make it healthy! Free-range chicken breast mince cooked with dried tarragon makes the base of this warming pie packed full of veggies and topped with mashed root veg and chives.







No tarragon?

No tarragon, no worries! While tarragon is delicious for this recipe, we understand you need options! Try substituting with any of the following: 3 tsp dried oregano, 1 sprig finely chopped fresh rosemary or 2 tsp dried thyme.

TOTAL FAT CARBOHYDRATES

39g 24g

FROM YOUR BOX

MEDIUM POTATOES	3
TURNIPS	2
CHICKEN MINCE	600g
CELERY STICKS	2
CARROTS	2
CORN COBS	2
DIJON MUSTARD	1 jar
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cornflour, dried tarragon

KEY UTENSILS

large frypan with lid, saucepan, oven dish

NOTES

You can use an ovenproof frypan instead of transferring the pie to an oven dish.

For extra creamy mash stir milk, cheese of your choice, butter, or cream through the root veg.

If you don't feel like making a pie you can serve the chicken on a bed of mash instead.



1. COOK THE ROOT VEG

Set oven grill to 250°C.

Roughly dice potatoes and turnips. Add to saucepan and cover with water. Bring to a boil and simmer for 10-15 minutes until vegetables are tender. Drain vegetables.



2. BROWN THE CHICKEN

Heat a large frypan (see notes) over medium-high heat with oil. Add chicken mince and 1-11/2 tbsp tarragon. Use back of cooking spoon to break up mince as vou cook for 6-8 minutes, until mince begins to brown.



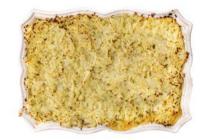
3. ADD THE VEGETABLES

Meanwhile, slice celery, dice carrots and remove corn kernels from cobs. Add to pan and cook for 2 minutes. Stir in mustard, 1 tbsp cornflour and 2 cups water. Simmer, covered for 5 minutes or until thickened. Season to taste with salt and pepper.



4. MASH THE ROOT VEG

Mash potatoes and turnips (see notes) with 1 tbsp olive oil, salt and pepper until smooth.



5. BAKE THE PIE

Transfer chicken filling into an oven dish (see notes). Cover with mash and drizzle with olive oil. Place under oven grill for 5 minutes until golden.



6. FINISH AND SERVE

Finely slice chives, sprinkle over pie and serve tableside.



