



Product Spotlight: Lupin Crumb

Locally made in Perth, this gluten-free lupin crumb is a versatile pantry staple. Use it to coat proteins, sprinkle over pasta or roasted veg, or anywhere you'd normally reach for breadcrumbs. It's high in protein, low in carbs — and available in our



Chicken and Mushroom Pie

with Roasted Carrots

Luscious chicken thigh pieces cooked with mushrooms and broccoli in a mustard gravy, baked with a herb and garlic lupin crumb topping and served with roasted Dutch carrots.



40 minutes



2 servings



Chicken

Switch it up!

Bake the pie in puff pastry for a more traditional pie. Save the lupin crumb for some chicken or fish in the future.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	18g	41g

FROM YOUR BOX

DICED CHICKEN THIGHS	300g
BROWN ONION	1
SLICED MUSHROOMS	1 punnet
BROCCOLI	1
BAVARIAN MUSTARD	1 jar
DUTCH CARROTS	1 bunch
HERB AND GARLIC LUPIN CRUMB	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, dried thyme, 1/2 stock cube of choice

KEY UTENSILS

large frypan (see notes), oven dish, oven tray

NOTES

You can use the carrot tops to make a pesto. Drizzle the pesto over roasted carrots.

If you use an ovenproof frypan, you won't need to transfer the pie filling at step 5. Add lupin crumb and bake as per instructions.



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1. BROWN THE CHICKEN

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Coat **chicken** in **salt, pepper** and **1 tbsp cornflour**. Add to pan and cook for 5-6 minutes, turning occasionally, to brown (see step 2). Remove from pan.



4. ROAST THE CARROTS

Meanwhile, trim and scrub **dutch carrots** (see notes). Toss on a lined oven tray with **oil, salt and pepper**. Roast for 10-15 minutes until **carrots** are tender.



2. SAUTÉ ONION & MUSHROOM

Slice **onion** and add to pan with **sliced mushrooms, 1-2 tsp thyme** and extra **oil** if needed, Sauté for 5 minutes.



5. BAKE THE PIE

Transfer pie filling to an oven dish. Sprinkle over **lupin crumb**. Drizzle with **oil** and bake for 5 minutes until top is golden and crunchy (see notes)



3. SIMMER THE PIE FILLING

Finley chop **broccoli** and add to pan with **mustard, 1/2 stock cube and chicken**. Whisk to combine **400ml water** with **1 1/2 tbsp cornflour**. Pour into pan, stir well and simmer for 10 minutes until thickened.



6. FINISH AND SERVE

Serve **pie** tableside with roasted **carrots**.

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