



### 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 Marketplace!



## 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



4/6 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 |
|------------|---------|-----------|---------------|
|            | 39g     | 13g       | 15            |

## FROM YOUR BOX

|                             | 4 PERSON | 6 PERSON    |
|-----------------------------|----------|-------------|
| DICED CHICKEN THIGHS        | 600g     | 600g + 300g |
| BROWN ONION                 | 1        | 1           |
| MUSHROOMS                   | 150g     | 300g        |
| BROCCOLI                    | 1        | 2           |
| DIJON MUSTARD               | 1 jar    | 2 jars      |
| DUTCH CARROTS               | 1 bunch  | 2 bunches   |
| HERB AND GARLIC LUPIN CRUMB | 100g     | 100g        |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, dried thyme, 1 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 **2 tbsp cornflour**. Add to pan and cook for 5-6 minutes, turning occasionally, to brown. Remove from pan.

**6P** – coat chicken in salt, pepper and 3 tbsp cornflour.



### 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 tender.



### 2. SAUTÉ ONION & MUSHROOM

Slice **onion** and **mushrooms**. Add to pan with **2-3 tsp dried 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, stock cube and chicken**. Whisk to combine **2 cups water** with **2 tbsp cornflour**. Pour into pan, stir well and simmer for 10 minutes until thickened.

**6P** – whisk to combine 3 cups water with 3 tbsp cornflour.



### 6. FINISH AND SERVE

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

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

