



### Product Spotlight: Leek

Leek has sweet, mild, onion-like taste. It is a rich source of dietary fibre, vitamins of the B-group, vitamins A, C and K and minerals such as potassium, iron, calcium and magnesium.



## Chicken and Leek Pot Pie

Chicken breast fillets, tenderly slow cooked with leek, button mushrooms and veggies, flavoured with mustard and fresh thyme, baked into a crispy panko crumb top pot pie and served with broccoli.



20 minutes + 3 hours slow cook



Chicken



2 servings

## No Slow Cooker?

*No worries! Dice and brown chicken with rosemary, salt and pepper. Add veg and garlic, cook 5 minutes. Stir in flour, then add milk, water, mustard and stock. Simmer 20 minutes, top with panko, drizzle with oil and bake at 250°C for 5 minutes.*

Per serve: **PROTEIN** 0g **TOTAL FAT** 0g **CARBOHYDRATES** 0g

## FROM YOUR BOX

CHICKEN BREAST FILLET	300g
BUTTON MUSHROOMS	100g
LEEK	1
CARROT	1
MEDIUM POTATOES	3
GARLIC	2 cloves
THYME	1 packet
MILK	200ml
MUSTARD	1 jar
PANKO CRUMBS	1 packet
BROCCOLI	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, flour of choice, dried rosemary, stock cube of choice

## KEY UTENSILS

frypan, slow cooker, oven dish

## NOTES

Instead of serving the broccoli on the side, you can finely chop and add to the pie filling before baking.

**No gluten option** – panko crumbs are replaced with quinoa flakes.

**Protein upsize** – when adding extra chicken, increase liquid in your slow cooker by adding 1/4 cup water to ensure even cooking.



### 1. BROWN THE CHICKEN

Coat **chicken** with **oil**, **1 1/2 tbsp flour**, **2 tsp rosemary**, **salt and pepper**. Add to frypan over medium-high heat with **oil**. Cook for 4–5 minutes each side until browned (see step 2). Remove to slow cooker.



### 2. PREPARE THE VEGETABLES

While the chicken browns; slice **mushrooms** and **leek**, dice **carrot** and **potatoes**, and crush **garlic**. Add to slow cooker along with **1/2 bunch thyme**.



### 3. SIMMER THE PIE

Add **1 cup water**, **milk**, **mustard** and **crumbled stock cube** to slow cooker. Stir to combine. Simmer on high for 3 hours until chicken is cooked and potatoes are tender. Season with **salt and pepper**.



### 4. SHRED CHICKEN & BAKE

Set oven to 250°C.

Remove **chicken** from slow cooker. Use 2 forks to shred the chicken. Add chicken and remaining pie filling to an oven dish. Sprinkle over **panko crumbs** and drizzle with **oil**. Bake for 5 minutes until golden.



### 5. COOK THE BROCCOLI

Heat frypan over medium-high heat with oil. Chop **broccoli** into florets. Add to pan as you go. Pour in **1/4 cup water**. Cook, covered, for 3 minutes until broccoli is tender. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Serve **pie** tableside with **broccoli**.

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

