



### 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

## Mix it up!

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

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

## FROM YOUR BOX

CHICKEN BREAST FILLETS	300g
BUTTON MUSHROOMS	150g
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

If your slow cooker has a sauté function, you can sear the chicken in the cooker instead of in a frypan. Sauté mushrooms and leek for extra flavour.

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

**Protein upsize** – when adding extra chicken, increase liquid in your slow cooker by adding 1/2-1 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.

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