



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



4 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 FILLETS	600g
BUTTON MUSHROOMS	300g
LEEK	1
CARROTS	2
MEDIUM POTATOES	800g
GARLIC	3 cloves
THYME	1 packet
MILK	200ml
MUSTARD	2 jars
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 **500ml 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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