



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



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	52g/57g	8g	60g/72g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN BREAST FILLETS	600g	600g + 300g
BUTTON MUSHROOMS	300g	300g + 100g
LEEK	1	1
CARROTS	2	3
MEDIUM POTATOES	800g	1.2kg
GARLIC CLOVES	3	4
THYME	1 packet	1 packet
MILK	250ml	250ml
DIJON MUSTARD	2 jars	3 jars
PANKO CRUMBS	60g	2 x 60g
BROCCOLI	1	2

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 gluten-free breadcrumbs.

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.

6P – coat chicken with **oil**, **2 tbsp flour**, **3 tsp rosemary**, **salt and pepper**.



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 **450ml 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**.

6P – use **500ml water**.



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**.

6P – pour in **1/2 cup water**.



6. FINISH AND SERVE

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

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