

QUICK CHICKEN POT PIE

with yoghurt béchamel and garlic pea mash



Serves 6



Prep Time
20m



Cook Time
1h

Ingredients

Chicken filling:

1.5 kg chicken thighs, bone out
2 tbsp olive oil
4 carrots, peeled and chopped into 1 inch rounds
4 parsnips, peeled, cubed into 1 inch rounds
2 potatoes, cubed into 1 inch pieces
1 onion, peeled and roughly chopped
2 bay leaves

1 chicken stock cube
1 tbsp dried tarragon
1 tbsp salt
1 tbsp pepper
4 sheets of filo pastry
2 tbsp butter, melted

Yoghurt béchamel:

5 tbsp butter
4 tbsp flour
1 ltr reserved chicken stock
½ cup yoghurt

2 tsp salt

½ tsp freshly grated nutmeg

Garlic pea mash

500 g of frozen, baby peas
Juice of ½ lemon
1 tbsp olive oil
2 cloves of garlic, minced
2 tsp salt
1 tsp cracked pepper

For chicken filling

1. Season chicken thighs on both sides of the flesh with salt and pepper.
2. Heat up a large casserole dish over medium high heat on stove and place chopped onion and chicken thighs in. Allow both the onion and the chicken thighs to brown, carefully move the thighs and onions around to avoid burning. Once the thighs have browned add in all the remaining ingredients (leaving aside your filo pastry and butter for the topping) and cover with 1 litre of water.
3. Allow the mixture to slowly come to a simmer. Simmer for 30 minutes.
4. After the chicken has simmered and is ready, take off the stove and strain the liquid. Use the strained liquid as the base for your béchamel.

For béchamel

1. Preheat the oven to 180°C.
2. Heat a medium saucepan and melt the butter. Add the flour and stir until smooth. Continue stirring over medium heat for about 6-7 minutes.
3. Add the hot stock to the butter mixture 1 cup at

a time, whisking continuously until very smooth. Bring to a simmer. Cook 10 minutes, stirring constantly, then remove from heat and add in yoghurt, stir to combine. Season with salt and nutmeg, combine with the strained chicken filling.

4. Using your reserved butter, take a pastry brush and paint one side of each filo sheet and place them squarely one on top of the other.
5. Place the chicken filling and béchamel mixture into a large casserole dish. On top of this filling, lay the filo sheets down, be sure to scrunch the corners and bits in the middle to get an even, textured look.
6. Place in the oven for 15-20 minutes. Or until the pastry is nicely browned.

For peas

1. Place the peas in a pot of boiling water. Once they have cooked, drain the water and add remaining ingredients and mash.

Serve pie and peas alongside each other and enjoy your hearty, delicious meal!