

Chicken & Vegetable Pie

Using leftover chicken from the Sunday Roast
Use the Dietary Specials Shortcrust Pastry for the pastry crust, means the dish is easy and quick to prepare.



Ingredients

150-175g of cooked chicken
100g leftover vegetables, peas, sweet corn, broad beans, French beans, carrots
1 tbsp of olive oil
15g of butter
1 ½ level tbsp gluten free flour
75ml of milk
1 ½ litres of either fresh chicken stock, or gluten free chicken stock made from either cubes or powder
Pinch of nutmeg
1 tbspp of fresh chopped parsley
200g of Dietary Special Shortcut pastry
Milk for brushing
Sea salt and cracked black pepper

Method

1. In a medium saucepan, melt the oil and butter, over a medium heat.
2. Remove the heat and add the gluten free flour, then gradually stir in the milk and stock, then return to heat and whisk until thickened, season.
3. Add the vegetables and cooked chicken to the sauce and combine, then place in a large pie dish or individual dishes.
4. If using a pie dish, grease the shoulders of a pie raiser, or an upturned egg cup, then place in the centre of the dish, with the filling around it.
5. Dust the work surface with gluten free white mix and knead the defrosted pastry for 1 - 2 minutes, until it is pliable, then either divide into four if making individual pies, or leave as whole if only one pie.
6. Preheat the oven 190oC/170oC Fan/Gas Mark 5.
7. Dust the surface with gluten free flour and roll out the shape of the pie dish or dishes.
8. Cut a border around the edge of the pastry 1 - 2 cm deep, place this border on the edge of the pie dish. Then roll the remaining pastry into a shape which covers the pie dish, wet the top with milk or water and place this pastry top over the top of the rim pastry. Then pinch the edges with your forefinger, to bring the pastry edges together. Finally cut a little cross in the centre of the pie, then brush with milk.
9. Place the pie in the preheated oven and cook for 25 minutes, or until golden brown.