

Chicken Pie with Carrot & Parsnip Mash



Serves 4

Prep 10 mins

Cooking 1h

Easy

Ingredients

2 tsp vegetable oil

100g brown onion, chopped finely

500 g chicken or turkey mince or finely chopped chicken

80g carrots, chopped finely. Can be done in a blender.

200g stalks celery, trimmed, chopped finely. Can be done in a blender.

25g plain flour

180ml chicken stock

1 tablespoon Worcestershire sauce

100 g button mushrooms, quartered

80g frozen peas

For the carrot & parsnip mash or use ready made mash & stir in the cheese

250g parsnips, chopped coarsely

300g carrots, chopped coarsely

30 g butter

splash of milk

25g parmesan cheese, finely grated

1. Make parsnip mash. Boil, steam/ microwave carrots & parsnip until tender, drain. Combine carrots & parsnip with milk and butter in bowl, mash until smooth, stir in the cheese. Season. **You can use ready made mash. Heat following packet instructions, then stir in the cheese**
2. Preheat oven to 200°C /180°C Fan
3. Heat oil in large saucepan, add onion & chicken, cook & stir, until browned. Add carrot & celery, cook & stir until soft. Stir in flour then gradually add stock, sauce & mushrooms, cook, stirring, until mixture boils and thickens. Stir in peas, season.
4. Spoon mixture into 2.5-litre ovenproof dish, top with the mash. Bake, uncovered, in oven, about 35 - 40 minutes or until browned and heated through.