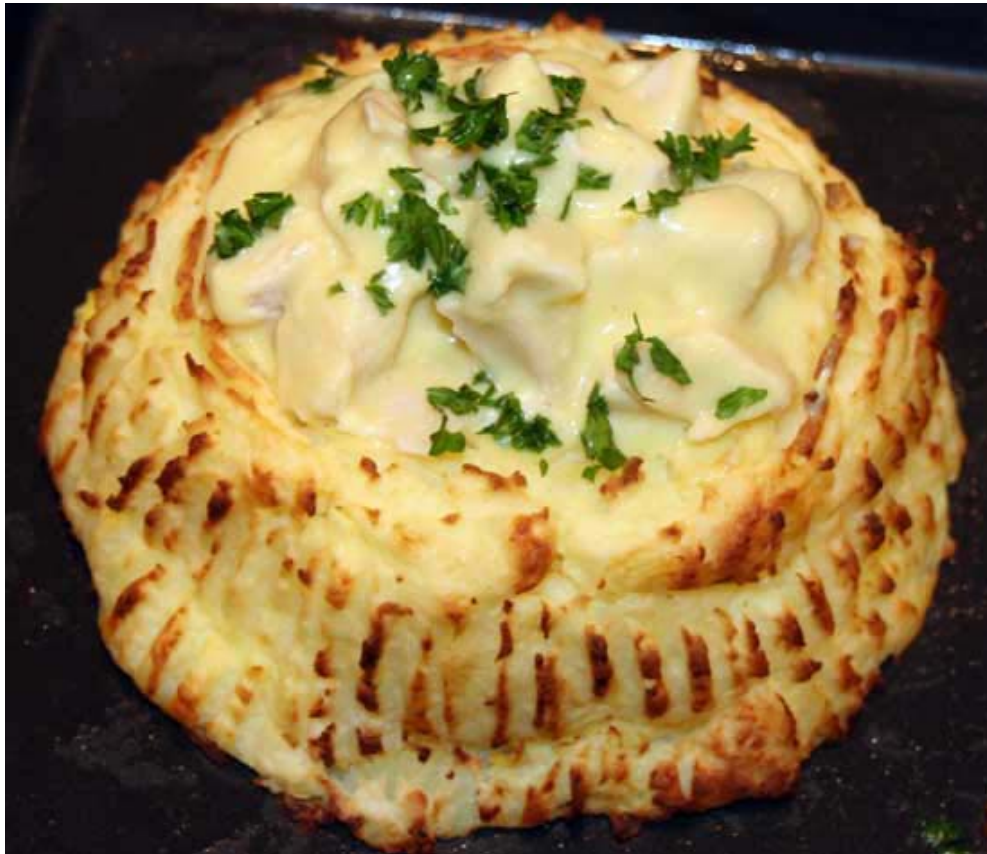


## Creamed Chicken or Veal in Potato Nests



**Serves 2**   **Prep 10 mins**

**Cooking 20 mins**

**Easy**

### Ingredients

20g butter  
20g flour  
250 - 275ml milk  
Salt and pepper  
Pinch nutmeg  
250g freshly cooked veal or chicken  
1 egg yolk  
Juice of 1/2 lemon  
1 tbsp chopped parsley

### Potato nests

500 - 750g potatoes (maris piper)  
1 tbsp milk  
30g butter  
1 egg yolk

1. Preheat the oven to 210C/ Fan 200/ Gas 7
2. Peel the potatoes. Remove any skin from the veal or chicken & cut into dice. Wash, dry & chop the parsley. Separate whites and yolks of the eggs.
3. Boil the potatoes. While they are cooking, make the sauce by melting 20g of butter and adding 20g of flour. Cook 1 or 2 minutes and then slowly add the milk. Stir until it boils and cook 1 to 2 mins. Season with salt, pepper and nutmeg. Add the meat and keep hot.
4. Rub the potatoes through a sieve or potato ricer and beat in the tbsp of milk, butter and the egg yolk. Pipe or shape into two nests on a greased baking tray. Bake in a moderately hot oven, 15 to 20 mins or until lightly browned. Add the egg yolk (or 2) and lemon juice to the veal/chicken mixture. Heat again until thickened but **DO NOT BOIL**.
5. Put the veal mixture into the potato nests and serve sprinkled with chopped parsley.