Healthy Chicken Pie



Serves 2 Prep 30 mins Cooking 30 mins – 1h Easy

Ingredients

1 x 200g chicken breast
200ml semi-skimmed milk, + ½ tbsp extra to glaze
¼ onion, peeled
1 bay leaf
100g reduced-calorie ready rolled puff pastry (about a 10x25cm piece)
low-calorie spray oil
2 bacon medallions, sliced into small pieces
200g button mushrooms, large ones cut in half
1 leek, chopped
1 tbsp plain flour
steamed broccoli or salad, to serve

1. Put the chicken breast in a small pan (to poach in milk). Add the milk, onion & bay leaf. Cover with a lid & simmer gently for 15 mins, or until the chicken is cooked through.
2. Preheat the oven to 200C/180C Fan/Gas 6.
3. Divide the pastry into 2 equal rectangles large enough to cover the top of 2 individual pie dishes. Place the upturned pie dishes on the pastry & cut around them to make the pie lids. Cut the excess pastry into strips & press them around the top edge of the pie dishes. Put a cross in the pastry lids & set aside.
4. Fry the bacon with a squirt of oil in a non-stick pan. When golden-brown, add the mushrooms and a tbsp of water. Cook for 2-3 mins, then add the leeks. Cook ± 5 mins.
5. Remove the chicken from the poaching milk. Strain & reserve the milk and chop the chicken into bite-sized pieces.
6. Stir the chicken into the vegetables. Add the flour and stir well. Cook for 2 mins, then add the strained poaching milk stirring well to incorporate. Continue to cook for 2-3 mins, or until the sauce has thickened just a little. Divide between the pie dishes.
7. Brush the pastry edges with a little milk and add the pie lids. Brush all over with more milk. Bake for 25 mins, or until the pastry lid is golden-brown.