

Creamy chicken and spring vegetable pie

Ingredients

- 1½ sheets Pampas puff pastry, just thawed
 - 1 egg, lightly whisked
 - Thyme sprigs, to serve
 - Sea salt, to serve (optional)
 - 1 cup chopped carrots, cooked
 - 1 cup chopped broccoli, cooked
 - 1 cup of frozen peas and corn, thawed
 - 2 spring onions, finely chopped
 - 1 tbsp thyme leaves
 - 2 tsp wholegrain mustard
- Pie Filling**
- 5 cups (800g) shredded hot roast chicken meat
 - 2 cups sour cream



HEAL

HEALTHY EASY ACCESSIBLE LOCAL

FOODS

Method

Step 1 – Preheat oven to 220C. To make the pie filling, combine chicken, sour cream, peas and corn, carrot, broccoli, spring onion, thyme, mustard and ¼ cup water in a large bowl. Spoon into an 8 -cup (2L) roasting pan. Season.

Step 2 – Cut pastry sheets into 4cm – square pieces. Arrange the pastry squares over the pie filling, overlapping slightly. Brush with the egg. Bake for 25 mins or until the pastry is puffed and golden.

Step 3 – Top with thyme and sea salt flakes if using. Enjoy!

