

Chicken Pot Pie Recipe Makes 12 pies

Ingredients

6 puff pastry sheets
2 chicken breasts
1 tsp of thyme
2 tbsp olive oil
2 tbsp butter
2 tbsp cooking oil
1 medium onion
2 carrots
4 celery stalks
3 garlic cloves
1/3 cup plain flour
2 cups stock (vegetable or chicken)
¼ parsley
Salt and pepper to taste
1 egg
2 tbsp sesame seeds

Instructions

1. Preheat the oven to 200 C degrees.
2. Coat chicken with thyme and olive oil. Bake at 180 degrees for 30-40 minutes depending on the size of the breasts. Once cooked through, cover the chicken with aluminium foil and let it rest for 10 minutes.
3. Chop and sauté the vegetables and garlic. Once cooked, add the flour to coat the vegetables. Cook for 2 minutes.
4. Slowly add the stock ½ cup at a time, stirring constantly to combine. If your mixture is still too thick after adding the stock, add some water until you reach the ideal consistency.
5. Once your chicken has rested, pull it apart using a fork, then add to your vegetable mixture. Season the mixture to taste.
6. Cut your puff pastry into 12 squares. If you have store bought pastry, you can simply cut one large sheet into four, then place them evening in the pie tins.
7. Fill your pastry with the vegetable mixture and place the remaining pastry squares on top. Gently seal them. This doesn't have to be fancy, just ensure the liquid in the pies doesn't bubble out the side of the lid.
8. Lastly, lightly brush the lids with an egg wash and sprinkle with sesame seeds. Place them in the oven for 40 minutes or until golden brown. Enjoy!