FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Chicken, Leek & Mustard Mash Pie



Serves	Prep Time	Cooking	Total Time	Calories
0 people	**15 minutes**	**45 minutes**	**60 minutes**	**465 kcal**

Stuff that's in it:

• 600G Chicken Breast (Raw) (Diced Small)

• 2 Medium Leeks (Trimmed, Sliced)

• 2 Medium Carrots (Diced Small)

• 150G Frozen Peas

• 2 Tbsp Plain Flour

• 75Ml Dry White Wine

• 250Ml Chicken Stock

• 1Tbs Dijon Mustard

• 1 Tbsp Wholegrain Mustard

• 1/2 Tbsp Fresh Tarragon (Or 1/2 Tsp Dried)

• Pinch Salt And Pepper

• Pinch Shaved Nutmeg (Optional)

• 800G Potatoes (Peeled And Chopped)

• 30G Butter (For Mash)

• 50Ml Skimmed Milk (For Mash)

• 50G Mature Cheddar (Grated)

What you do:

First things first, get your spuds on. Pop them in salted boiling water and cook until soft, about 25 minutes.

While they're bubbling away, grab a big pan. Heat your oil , toss in the leeks and carrots. Let them gently soften for about 8 minutes , you want them sweet and soft, not browned.

Add your diced chicken and stir it around until it's turned white all over. Sprinkle in the flour and stir for a couple of minutes to cook it out.

Pour in your white wine and let it bubble away for 2-3 minutes so the alcohol cooks off.

Gradually add the chicken stock, stirring as you go. Now stir in your Dijon and wholegrain mustard, chopped tarragon, a pinch of nutmeg if you fancy, and plenty of salt and black pepper. Let it all bubble for around 5-10 minutes until the sauce has thickened a bit and the chicken's cooked through.

Stir in your frozen peas, then turn off the heat.

Once your spuds are soft, drain them well and mash with the butter and skimmed milk until smooth and fluffy. Stir in half the grated cheese if you're using it.

Pour the chicken mix into a baking dish. Spoon your mash on top and rough up the surface with a fork for lovely crispy edges. Sprinkle over the rest of the cheese if you're feeling cheesy.

Bake at 200˚C (180˚C fan) for around 20 minutes until the mash is golden and everything's bubbling away at the edges. I finished mine with a torch

Let it sit for a few minutes so you don't burn your tongue ,then scoop it into bowls and enjoy!

Serve it up with some bright green broccoli on the side for crunch and extra fibre.

 Freezer friendly? Yes – cool it right down, portion it up, and freeze for up to 2 months.
 Gluten free? Use gluten-free flour and check your wine's suitable.
 Batch cook? 100%!
 Vegetarian possible? Use Quorn pieces or mushrooms instead of chicken.

Nutrition

• Carbs: 39g

• Fat: 11g

• Protein: 37g

• Fibre: 7g

• Saturated Fat: 5g

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