

Chicken and Vegetable Pie

INGREDIENTS

- 4 skinless chicken breasts, chopped
 - 2 large leeks, sliced
 - 4 cups button mushrooms
 - 4 cups baby spinach
 - 1 tbsp olive oil
 - 1 tbsp butter
 - 2 tbsp plain flour
 - 1/2 cup vegetable stock
 - 1/2 cup milk
 - 1 tsp mustard powder
 - Salt and pepper
- 1 pack ready rolled shortcrust or puff pastry
 - 1 egg, beaten

METHOD

- Heat the oil in a large pan and brown the chicken. Remove the chicken from the pan and set aside
 - In the same pan, melt the butter and cook the leeks and mushrooms for about 7 minutes. Sprinkle over the flour and cook for two minutes stirring continuously
 - Add the stock and milk, stirring well to make sure the sauce is smooth. Add the mustard powder and season to taste
 - Return the chicken to the pan, mix in to the sauce and cook for ten minutes on medium heat
 - Add the spinach and stir till the spinach is wilted
 - Sauce is done. Set aside and let it cool
 - Once cooled put the filling in a pie dish and roll over the pastry. Glaze with an egg wash and cut a little vent in the centre
 - Cook in a preheated oven for about 30 minutes till the pastry is golden brown.
 - Serve with green veggies and enjoy