Chicken Pot.pie

Serves 4 | Difficulty Medium | Prep 15 min | Cook 60 min



INGREDIENTS

1 1/2 lb (680 g) boneless skinless chicken breast
1 tbsp (15 ml) olive oil
1/2 tsp (3 g) fine salt
1/4 tsp (0.5 g) black pepper
2 tbsp (28 g) butter
1 onion (150 g), diced
1 cup (130 g) diced carrots
1 cup (140 g) frozen peas
3 tbsp (24 g) flour
1 1/2 cups (360 ml) chicken broth
1/2 cup (120 ml) milk
1 sheet (250 g) butter puff pastry, thawed
1 egg, beaten

METHOD

1. Heat oven to 400°F (205°C).
2. Dice chicken, season and sauté in oil 8-12 minutes until 165°F (74°C); set aside.
3. Melt butter; soften onion and carrot 8 minutes.
4. Stir in flour for 1 minute, then gradually add broth and milk.
5. Simmer 5 minutes; stir in chicken and peas.
6. Transfer to a 9-inch pie dish; cover with pastry, cut steam vents and brush with egg.
7. Bake 25-35 minutes until golden and center reaches 165°F (74°C).
8. Rest 10 minutes.

STORAGE

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Previously cooked ingredients retain their original storage deadline. Reheat cooked chicken and cooked sides to 165°F (74°C). Use an oven for breaded chicken; warm sauces gently. Add fresh toppings after reheating.