Dairy Free Chicken Pot Pie

Olive oil, oat milk and vegetable-fat pastry

Prep 25 min | Cook 60 min | Total 105 min | Serves 6 | Medium

INGREDIENTS

- 3 cups (420 g) cooked plain chicken, diced
- 1 small onion (100 g), diced
- 2 carrots (150 g), finely diced
- 2 celery stalks (100 g), diced
- 1 cup (140 g) frozen peas
- 3 tbsp (45 ml) olive oil
- 1/4 cup (32 g) all-purpose flour
- 1 1/2 cups (360 ml) dairy-free low-sodium chicken broth
- 3/4 cup (180 ml) plain unsweetened oat milk, divided
- 1/2 tsp (0.5 g) dried thyme
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 dairy-free vegetable-fat pie crust (about 230 g)

METHOD

1. Heat oven to 400°F (200°C). Keep pastry chilled. Heat oil in a saucepan; cook onion, carrot and celery 10 minutes until nearly tender.

2. Stir in flour for 1 minute. Gradually add broth and all but 1 tbsp (15 ml) of the oat milk, stirring smooth. Add thyme, salt and pepper and simmer 4 to 6 minutes until thick.

3. Fold in chicken and peas and heat thoroughly. Transfer to a 2-quart (1.9 L) baking dish and let steam subside for 10 minutes.

4. Cover with pastry, seal and vent the lid. Brush with reserved oat milk. Bake on a tray for 30 to 40 minutes until pastry is cooked through and filling reaches 165°F (74°C). Rest 10 minutes.

INGREDIENT NOTE

Check chicken, broth and pastry labels for milk ingredients, including butter, whey and casein.

TIP

Choose unsweetened plain oat milk; vanilla-flavored drinks change the sauce.

SAFETY CHECK

Check the filling center reaches 165°F (74°C) with a thermometer. The pastry must also be baked through; surface browning alone does not confirm the filling temperature.



FINISHED RECIPE

Chicken to 165°F (74°C); single pastry lid fully baked.

STORE, FREEZE & REHEAT

Refrigerate: Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or colder and use within 3 to 4 days.

Freeze: Freeze cooled baked portions airtight for up to 3 months for best quality. Thaw in the refrigerator; pastry may soften. Freezing filling and unbaked pastry separately gives a crisper future topping.

Reheat: Reheat portions in a 350°F (175°C) oven until the filling center reaches 165°F (74°C). Loosely cover an already browned topping while the center heats.