Sides for Chicken Pot Pie

For sides for chicken pot pie, lemon garlic green beans and carrots offer a simple roasted vegetable option. This recipe makes six side portions; it does not make the pot pie itself.



PREP	COOK	TOTAL	SERVES	DIFFICULTY
15 min	30 min	45 min	6	Easy

INGREDIENTS

- 1 lb (450 g) fresh green beans, trimmed
- 2 cups (300 g) carrots, cut into thin 1/4-inch (6 mm) sticks
- 2 tbsp (30 ml) olive oil, divided
- 2 garlic cloves (6 g), finely minced
- 1 tbsp (15 ml) lemon juice
- 1/2 tsp (3 g) fine salt, divided
- 1/4 tsp (0.5 g) black pepper
- 1 tbsp (4 g) chopped parsley

Ingredient note: Use fresh beans and thin carrot sticks for this timing. The recipe contains vegetables only, so there is no chicken cut to specify.

Method & notes

15 min prep | 30 min cook | 6 servings

METHOD

1. Heat oven to 425°F (220°C). Dry the washed beans and carrots well. Put carrots on a large rimmed tray with half the oil and half the salt.

2. Roast carrots 10 minutes. Meanwhile toss green beans with remaining oil, remaining salt and pepper.

3. Add beans to the tray and spread everything in one layer. Roast 12 to 15 minutes, turning once, until beans blister lightly and carrots are tender.

4. Scatter garlic over vegetables and roast 2 to 3 minutes more, watching that garlic does not scorch. Finish with lemon juice and parsley and serve alongside the pie.

SAFE DONENESS

Carrots should be easily pierced and beans tender with lightly browned patches. This vegetable side contains no poultry.

SERVING

Divide the finished recipe into 6 portions. Prepare any optional side dishes separately.

TIP

Start the carrots first because they usually take longer than green beans.

AVOID

Wet or crowded vegetables steam rather than roast. Dry well and use a second tray if necessary.

VARIATION

Replace beans with 450 g broccoli florets, checking tenderness after 12 minutes.

STORAGE

Portion leftovers into shallow covered containers and refrigerate within 2 hours, or 1 hour when the surroundings exceed 90°F (32°C). Keep at 40°F (4°C) or colder and use within 3 to 4 days.

FREEZING

Freeze cooled vegetables airtight for up to 2 months for best quality. Thaw in the refrigerator; the beans become softer.

REHEATING

Reheat on a tray at 350°F (175°C), turning once, until hot throughout. For previously refrigerated leftovers, check the center reaches 165°F (74°C).

QUICK ANSWERS

What else goes with chicken pot pie? A crisp green salad, steamed green vegetables or lightly cooked cabbage also pair well.
Can these share the oven with the pie? Use a separate tray and allow extra time at a lower pie-baking temperature; judge vegetable tenderness rather than relying on this timing.