



Product Spotlight: Lupin Crumb


This lupin crumb is made in Perth by Coastal Crunch and is flavoured with fragrant herbs & garlic that the whole family will love. It has a 5-Star Health Rating and is gluten-free (endorsed by Coeliac Australia)!




COASTAL
CRUNCH

Chicken and Mushroom Pie with Roasted Carrots

Luscious chicken thigh pieces cooked with mushrooms and broccoli in a mustard gravy, baked with a herb and garlic lupin crumb topping and served with roasted Dutch carrots.

 30 minutes

 2 servings

 Chicken

14 July 2023

Switch it up!

Bake the pie in puff pastry for a more traditional pie. Save the lupin crumb for some chicken or fish in the future.

Per serve: **PROTEIN** 47g **TOTAL FAT** 8g **CARBOHYDRATES** 30g

FROM YOUR BOX

DICED CHICKEN THIGHS	300g
BROWN ONION	1
BROCCOLI	1
SLICED MUSHROOMS	1 punnet
BAVARIAN MUSTARD	1 jar
DUTCH CARROTS	1 bunch
HERB AND GARLIC LUPIN CRUMB	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, dried thyme, 1 stock cube of choice

KEY UTENSILS

large frypan (see notes), oven dish, oven tray

NOTES

If you use an ovenproof frypan, you won't need to transfer the pie filling at step 5. Add lupin crumb and bake as per instructions.

You can use the carrot tops to make a pesto. Drizzle the pesto over roasted carrots.



1. BROWN THE CHICKEN

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Coat chicken in **salt, pepper** and **1 tbsp cornflour**. Add to pan and cook for 5-6 minutes, turning occasionally, to brown (see step 2).



2. SAUTÉ ONION & MUSHROOM

While chicken cooks, slice onion and finely chop broccoli (including tender stems). Once chicken is brown, remove from pan and add onion, sliced mushrooms and **2 tsp thyme** (add extra **oil** if necessary). Sauté for 5 minutes.



3. SIMMER THE PIE FILLING

Add **400ml water**, mustard, **stock cube** and **1 1/2 tbsp cornflour** to a jug. Whisk to combine. Add chicken and broccoli to pan. Pour in mustard mix. Stir to combine and gently simmer for 10 minutes until mixture thickens.



4. ROAST THE CARROTS

While pie filling simmers, trim (see notes) and scrub carrots. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 10-15 minutes until carrots are tender.



5. BAKE THE PIE

Transfer pie filling to an oven dish. Sprinkle over lupin crumb. Drizzle with **oil** and bake for 5 minutes until top is golden and crunchy.



6. FINISH AND SERVE

Serve pie tableside with roasted carrots.



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