



Product Spotlight: Leek

Leek has sweet, mild, onion-like taste. It is a rich source of dietary fibre, vitamins of the B-group, vitamins A, C and K and minerals such as potassium, iron, calcium and magnesium.



Chicken and Leek Pot Pie

Chicken breast fillets, tenderly slow cooked with leek, button mushrooms and veggies, flavoured with mustard and fresh thyme, baked into a crispy panko crumb top pot pie and served with broccoli.

 20 minutes + 3 hours slow cook
  Chicken
  4 servings

Mix it up!

Instead of serving the broccoli on the side, you can finely chop and add to the pie fill before baking.

Per serve: **PROTEIN** 0g **TOTAL FAT** 0g **CARBOHYDRATES** 0g

FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
BUTTON MUSHROOMS	300g
LEEK	1
CARROTS	2
MEDIUM POTATOES	800g
GARLIC	3 cloves
THYME	1 packet
MILK	200ml
MUSTARD	2 jars
PANKO CRUMBS	1 packet
BROCCOLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, flour of choice, dried rosemary, stock cube of choice

KEY UTENSILS

frypan, slow cooker, oven dish

NOTES

If your slow cooker has a sauté function, you can sear the chicken in the cooker instead of in a frypan. Sauté mushrooms and leek for extra flavour.

No gluten option – panko crumbs are replaced with quinoa flakes.

Protein upsize – when adding extra chicken, increase liquid in your slow cooker by adding 1/2-1 cup water to ensure even cooking.



1. BROWN THE CHICKEN

Coat chicken with **oil**, **1 1/2 tbsp flour**, **2 tsp rosemary**, **salt and pepper**. Add to frypan over medium-high heat with **oil**. Cook for 4-5 minutes each side until browned (see step 2). Remove to slow cooker.



2. PREPARE THE VEGETABLES

While the chicken browns; slice mushrooms and leek, dice carrot and potatoes, and crush garlic. Add to slow cooker along with 1/2 bunch thyme.



3. SIMMER THE PIE

Add **500ml water**, milk, mustard and **crumbled stock cube** to slow cooker. Stir to combine. Simmer on high for 3 hours until chicken is cooked and potatoes are tender. Season with **salt and pepper**.



4. SHRED CHICKEN & BAKE

Set oven to 250°C.

Remove chicken from slow cooker. Use 2 forks to shred the chicken. Add chicken and remaining pie filling to an oven dish. Sprinkle over panko crumbs and drizzle with **oil**. Bake for 5 minutes until golden.



5. COOK THE BROCCOLI

Heat frypan over medium-high heat with **oil**. Chop broccoli into florets. Add to pan as you go. Pour in **1/4 cup water**. Cook, covered, for 3 minutes until broccoli is tender. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve pie tableside with broccoli.

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