

Chicken, Vegetable and Mash Pie



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4-6 portions

INGREDIENTS

300g Chicken Breast or
Thigh
100g Carrots
60g Butter or
Margarine
60g Plain Flour
10g or 1 Vegetable
Stock Cube
400ml Water
100g Peas
½ tsp Mixed Herbs
150g Butter Beans

Mashed Potato

800g White Potatoes
50g Butter or
Margarine
100ml Milk

METHOD

Dice the chicken and place on a roasting tray. Oven cook at 170°C until just cooked through.

Whilst the chicken is cooking make the mashed potato.

Mashed Potato

Peel the potatoes, then wash and cut them into even sized pieces.

Place them into a large pan of water, bring to the boil and simmer until soft.

Drain off the water, then while the potatoes are still hot, add the butter and milk. Mash and mix until smooth, then set aside.

Peel and dice the carrots, then melt the butter in a pan and add the carrots, cooking for 2 minutes. Add the plain flour, vegetable stock and stir to form a thick paste.

Slowly add the water to the pan and mix to make a smooth sauce. Add the cooked chicken, butter beans, peas and mixed herbs to the sauce.

Place the chicken and vegetable mix into a suitable oven dish and top with the mashed potato.

Bake in the oven at 170°C for 30 minutes until golden brown, then serve.