



## Chicken & mushroom pot pie

### Ingredients: (Serves 4)

4 skinless chicken thighs, cut into bite-sized pieces  
1 tablespoon plain flour  
pinch of salt  
2 tablespoons olive oil  
2 brown onions, finely chopped  
4 garlic cloves, thinly sliced  
8 thyme sprigs  
400g mixed mushrooms, thinly sliced (eg. button, Portobello, oyster)  
200ml reduced-salt chicken stock  
200ml thickened cream  
2 cups baby spinach  
1 tablespoon seeded mustard  
8 filo pastry sheets  
1 tablespoon white sesame seeds

### Method:

1. Preheat oven to 200°C (fan-forced).
2. Combine chicken, flour and salt in a medium bowl and toss until evenly coated. Heat oil in a medium frying pan over medium-high heat. Cook chicken for 3-4 minutes or until golden brown. Remove from pan.
3. Return pan to medium heat. Cook onion, garlic and thyme for 3-4 minutes or until soft and translucent. Increase heat to medium-high. Add mushrooms and cook for a further 3-4 minutes or until tender and golden brown. Pour in chicken stock and cream, and return chicken to the pan. Bring to the boil, then reduce heat to medium-low and simmer for 2-3 minutes or until sauce is slightly thickened and reduced. Stir through baby spinach and mustard.
4. Remove pan from the heat and discard thyme sprigs. Gently scrunch filo pastry sheets and arrange on top until pan is covered. Spray generously with cooking oil and sprinkle with sesame seeds. Bake for 15-20 minutes or until filo is golden and crispy.

### Nutrition Information: (Per serve)

Energy:	2514kJ (600cal)	Protein:	36.2g	Total Fat:	38.5g
Saturated Fat:	16.1g	Carbohydrate:	23.9g	Sugars:	6.0g
Fibre:	5.6g	Sodium:	548mg		