



Chicken & Veggie-Loaded Filo Pie

with Sesame Seeds

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Celery



Leek



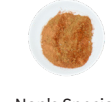
Baby Spinach Leaves



Boneless Chicken Drumsticks



Garlic Paste



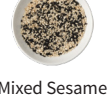
Nan's Special Seasoning



Chicken-Style Stock Powder



Filo Pastry



Mixed Sesame Seeds



Diced Bacon

Prep in: 20-30 mins
Ready in: 35-45 mins



Calorie Smart*
**Custom Recipe is not Calorie Smart*

Eat Me Early

This cosy dinner packs in both veggies and chicken that's full of flavour, then tops off the whole dish with a light and flakey filo pastry. Be sure to serve it fresh from the oven for an optimally crisp pastry!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Milk, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
leek	1	2
baby spinach leaves	1 medium bag	1 large bag
boneless chicken drumsticks	1 packet	1 packet
garlic paste	1 large packet	2 large packets
Nan's special seasoning	1 sachet	1 sachet
chicken-style stock powder	1 medium sachet	1 large sachet
plain flour*	1 tsp	2 tsp
milk*	¾ cup	1½ cups
butter*	30g	60g
filo pastry	1 medium packet	1 large packet
mixed sesame seeds	½ sachet	1 sachet
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2515kJ (601Cal)	448kJ (107Cal)
Protein (g)	41.9g	7.5g
Fat, total (g)	22.3g	4g
- saturated (g)	10.6g	1.9g
Carbohydrate (g)	55g	9.8g
- sugars (g)	13.5g	2.4g
Sodium (mg)	1871mg	333mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3100kJ (741Cal)	507kJ (121Cal)
Protein (g)	49.9g	8.2g
Fat, total (g)	34.5g	5.6g
- saturated (g)	15.1g	2.5g
Carbohydrate (g)	55.1g	9g
- sugars (g)	13.5g	2.2g
Sodium (mg)	2270mg	371mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate the **carrot**. Thinly slice **celery** and white and light green parts of **leek**. Roughly chop **baby spinach leaves**.
- Cut **boneless chicken drumsticks** into 2cm chunks.



Assemble the pie

- To a small heatproof bowl, add the **butter** and microwave in **10 second** bursts until melted.
- Brush each sheet of **filo pastry** with **butter**. Lightly scrunch sheets of **pastry** and place on top of the **chicken mixture** to completely cover.
- Sprinkle with **mixed sesame seeds** (see **ingredients**).

Little cooks: Add the finishing touch by sprinkling over the sesame seeds!



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**. Season with **salt** and **pepper**, then transfer **chicken** to a baking dish.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot, celery** and **leek**, stirring, until softened, **4-6 minutes**.
- Stir through **baby spinach** until wilted, **1 minute**.

Custom Recipe: If you've added diced bacon, heat the frying pan and oil as above. Cook bacon with the chicken, tossing, until browned 5-6 minutes. Transfer to a baking dish and continue with step.



Bake the pie

- Bake **pie** until the pastry is golden, **20-25 minutes**.



Finish the filling

- Add **garlic paste, Nan's special seasoning, chicken-style stock powder** and the **plain flour** to the pan, stirring, until fragrant, **1 minute**.
- Add the **milk** and cook, stirring, until reduced, **2-3 minutes**.
- Transfer **veggie filling** to the baking dish with the **chicken** and stir to combine.

TIP: Add a splash of water if chicken mixture looks too thick.



Serve up

- Divide chicken and veggie-loaded filo pie between plates. Enjoy!

Rate your recipe

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