



Creamy Chicken & Veggies Pie

with Cheesy Parmesan-Parsnip Topping

KID FRIENDLY

Grab your meal kit with this number

4



Potato



Parsnip



Leek



Celery



Carrot



Thyme



Chicken Thigh



Garlic & Herb Seasoning



Tomato Paste



Cream



Grated Parmesan Cheese



Chicken Breast



Grated Parmesan

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Sometimes only a pie will do. Satisfy that warm and cosy craving with this rich, cheesy mash-topped number. Chicken and veggies are cooked in a creamy sauce for an explosion of flavour and a dinner that reminds us why at-home cooking is best.

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Medium saucepan with lid · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
butter*	40g	80g
milk*	2 tbs	¼ cup
leek	1	2
celery	1 stalk	2 stalks
carrot	1	2
thyme	½ large packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
cream	½ packet	1 packet
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3720kJ (889Cal)	509kJ (121Cal)
Protein (g)	43.9g	6g
Fat, total (g)	57.1g	7.8g
- saturated (g)	32.1g	4.4g
Carbohydrate (g)	59.3g	8.1g
- sugars (g)	31.7g	4.3g
Sodium (mg)	1372mg	188mg
Dietary Fibre (g)	10.6g	1.5g

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.



Make the mash

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and **parsnip** and cut into large chunks. Cook **potato** and **parsnip** in the boiling water until easily pierced with a knife, **12-15 minutes**.
- Drain and return **potato** to the pan. Add the **butter** and **milk**, then season with **salt** and mash until smooth.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Add the veggies

- Add **carrot** and **celery** and cook until softened, **2-3 minutes**. Add **thyme**, **garlic & herb seasoning** and **tomato paste**, then cook, stirring, until fragrant, **1 minute**.
- Reduce the heat to medium, then add **cream** (**see ingredients**). Stir well to combine and cook until slightly reduced, **2 minutes**. Season to taste.



Get prepped

- While the potato is cooking, finely chop **leek** and **celery**.
- Grate **carrot**.
- Pick **thyme leaves** (**see ingredients**).
- Cut **chicken thigh** into 2cm chunks.



Grill the pie

- Preheat grill to medium-high.
- Transfer the **chicken mixture** to a baking dish and spread the **mashed potato** over the top, smoothing over with the back of a spoon.
- Sprinkle over the **grated Parmesan cheese** and grill until the cheese is melted and golden, **8-10 minutes**.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **chicken** and **leek**, tossing occasionally, until browned and cooked through, **4-5 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

- Divide creamy chicken and veggie pie between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook with filling until cooked through, 4-6 minutes.



DOUBLE PARMESAN GRATED

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

