

# Easy Chicken & Veggie Filo Pie

with Sesame Seeds & Garden Salad

Grab your Meal Kit with this symbol



Onion



Carrot



Chicken Breast



Aussie Spice Blend



Chicken-Style Stock Powder



Dijon Mustard



Salad Leaves



Filo Pastry



Sesame Seeds



Tomato



Mixed Leaves

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 15-25 mins
- Ready in: 35-45 mins
- Eat Me Early
- Calorie Smart

This cosy dinner packs in a veggie-loaded chicken base 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!

### Pantry items

Olive Oil, Plain Flour, Milk, Butter, Red Wine Vinegar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan · Medium baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
carrot	1	2
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
plain flour*	1 tsp	2 tsp
Dijon mustard	1 packet (15g)	2 packets (30g)
milk*	¾ cup	1½ cups
salad leaves	1 small bag	1 medium bag
butter*	30g	60g
filo pastry	1 medium packet	1 large packet
sesame seeds	1 packet	1 packet
tomato	1	2
mixed leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2469kJ (590Cal)	454kJ (109Cal)
Protein (g)	46.5g	8.5g
Fat, total (g)	19.7g	3.6g
- saturated (g)	9.7g	1.8g
Carbohydrate (g)	55.5g	10.2g
- sugars (g)	13.4g	2.5g
Sodium (mg)	1537mg	283mg

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Cook the chicken filling

- Preheat oven to **220°C/200°C fan-forced**. Roughly chop **onion**. Grate **carrot**. Cut **chicken breast** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **chicken**, tossing, until browned, **1-2 minutes**.
- Add **onion** and **carrot**, stirring, until softened, **4-6 minutes**.
- Add **Aussie spice blend**, **chicken-style stock powder** and the **plain flour**, stirring, until fragrant, **1 minute**.
- Add **Dijon mustard** and the **milk** and cook, stirring, until reduced, **1-2 minutes**.
- Transfer **filling** to a medium baking dish, then add **salad leaves** and stir to combine.

**TIP:** Add a splash of water if the chicken filling looks too thick.

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## Make the salad

- While the pie is baking, roughly chop **tomato**.
- In a medium bowl, combine **mixed leaves**, **tomato** and a drizzle of **red wine vinegar** and **olive oil**. Season to taste.

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## Assemble the pie

- In a small heatproof bowl, add the **butter**. Microwave in **10 second** bursts until melted.
- Lightly scrunch each sheet of **filo pastry** and place on top of the **chicken mixture** to completely cover. Gently brush melted **butter** over to coat.
- Sprinkle with **sesame seeds**.
- Bake **pie** until pastry is golden, **20-25 minutes**.

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## Serve up

- Divide chicken and veggie filo pie between plates.
- Serve with garden salad.

Enjoy!