



WHATSheATE



Chicken and Mushroom Pie with Phyllo-Parmesan Crust

READY IN



45 min.

SERVINGS



6

CALORIES



599 kcal

Ingredients

- ☐ 9 tablespoons butter divided
- ☐ 3 tablespoons cornstarch mixed with 1/2 cup water
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 1 pound mushrooms fresh assorted stemmed sliced (such as crimini, shiitake, and button mushrooms)
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 cups low-salt chicken broth

- ☐ 0.5 cup parmesan cheese finely grated
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 12 sheets phyllo pastry or fresh frozen thawed
- ☐ 2 ounces pancetta cut into thin strips thin
- ☐ 0.8 cup mirin fruity
- ☐ 1 teaspoon salt
- ☐ 2 pounds chicken thighs boneless skinless fat removed quartered
- ☐ 1 cup water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan

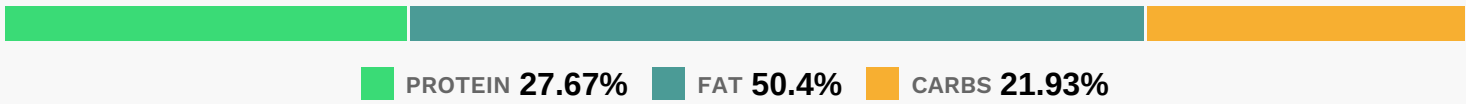
Directions

- ☐ Combine dried porcini and 1 cup hot water in small bowl; let stand until porcini are soft, about 20 minutes.
- ☐ Drain porcini, reserving liquid.
- ☐ Melt 3 tablespoons butter in heavy large pot over medium-high heat.
- ☐ Add fresh mushrooms and garlic; sauté until mushrooms are browned, about 8 minutes.
- ☐ Add porcini, porcini soaking liquid (leaving any sediment behind), broth, wine, prosciutto, lemon peel, thyme, 1 teaspoon salt, and 1/2 teaspoon pepper. Reduce heat to medium-low; simmer uncovered 20 minutes to blend flavors.
- ☐ Whisk cornstarch mixture to combine and add to skillet; stir until mixture thickens slightly, about 1 1/2 minutes. Season sauce to taste with more salt and pepper, if desired. (Can be

prepared 1 day ahead. Cool slightly, then cover and refrigerate.)

- ☐ Preheat oven to 425°F. Melt 6 tablespoons butter in small saucepan; remove from heat.
- ☐ Place 1 phyllo sheet on work surface (cover remainder with sheet of plastic wrap, then damp towel).
- ☐ Brush phyllo sheet with some of melted butter. Using both hands, gently scrunch buttered phyllo sheet into loose ball, about 2 1/2 to 3 inches in diameter; set on work surface. Repeat with remaining phyllo sheets and melted butter.
- ☐ Bring mushroom sauce to boil.
- ☐ Mix in chicken and parsley.
- ☐ Transfer mixture to 13x9x2-inch glass or ceramic baking dish. Cover hot filling with phyllo balls.
- ☐ Sprinkle Parmesan over.
- ☐ Bake 15 minutes. Reduce oven temperature to 350°F; bake until phyllo is golden and chicken is cooked through, about 20 minutes longer.
- ☐ Phyllo pastry dough is scrunched to form the pretty "biscuits" that top this pot pie.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:8.2, Inflammation Score:-8, Nutrition Score:26.283913031868%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 598.78kcal (29.94%), Fat: 32.4g (49.85%), Saturated Fat: 15.65g (97.82%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 29.66g (10.79%), Sugar: 2.08g (2.31%), Cholesterol: 202.27mg (67.42%), Sodium: 1081.76mg (47.03%), Alcohol: 3.09g (100%), Alcohol %: 0.85% (100%), Protein: 40.02g (80.05%), Selenium:

56.54µg (80.77%), Vitamin B3: 14.6mg (73.02%), Phosphorus: 488.32mg (48.83%), Vitamin B2: 0.81mg (47.63%), Vitamin B6: 0.86mg (43.24%), Vitamin B5: 3.72mg (37.15%), Vitamin B1: 0.45mg (29.73%), Vitamin K: 29.23µg (27.84%), Copper: 0.56mg (27.79%), Zinc: 3.72mg (24.79%), Potassium: 824.18mg (23.55%), Vitamin B12: 1.27µg (21.2%), Iron: 3.44mg (19.13%), Manganese: 0.37mg (18.73%), Vitamin A: 782.03IU (15.64%), Magnesium: 61.67mg (15.42%), Folate: 60.11µg (15.03%), Calcium: 115.73mg (11.57%), Fiber: 2.07g (8.27%), Vitamin C: 5.84mg (7.08%), Vitamin E: 0.89mg (5.97%), Vitamin D: 0.32µg (2.15%)