



Chicken, ham, leek & roast potato pie

READY IN



100 min.

SERVINGS



4

CALORIES



821 kcal

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 400 g chicken breast cut into small chunks
- ☐ 140 g deli honey ham roughly chopped
- ☐ 450 g potatoes leftover halved
- ☐ 2 leek trimmed sliced
- ☐ 1 tbsp flour plain for dusting
- ☐ 200 ml wine
- ☐ 400 ml chicken stock see
- ☐ 3 tbsp crème fraîche
- ☐ 375 g sheets pastry crust fresh (use if you're freezing the pie)

☐ 4 servings eggs beaten

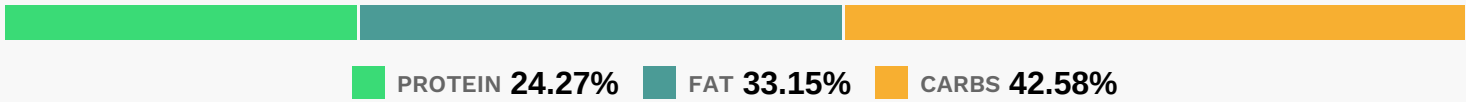
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Heat half the oil in a large frying pan and brown the chicken for about 5 mins. Tip into a 22 x 28cm ovenproof pie dish, then evenly scatter over the ham and roast potatoes.
- ☐ Heat the remaining oil and soften the leeks for about 5 mins, then stir in the flour for 1 min.
- ☐ Pour in the wine and stock. Bring to the boil and, stirring continuously, boil rapidly to reduce to a thick sauce. Take off the heat, then stir in the crme frache and seasoning.
- ☐ Pour over the pie filling and leave to cool.
- ☐ Unroll the pastry and cut off a small strip to make decorations (if you like).
- ☐ Roll the remainder to fit the dish and place on top of the pie. Use a fork to crimp the edges and press the pastry to the edge of the dish. Make a small hole in the centre, then cover well with cling film. Freeze for up to 3 months. For best results, defrost at room temperature for 8 hrs.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Brush pie with egg to glaze (making sure the steam hole hasnt sealed up). Cook for 30-40 mins, until golden and hot through.

Nutrition Facts



Properties

Glycemic Index:60.94, Glycemic Load:35.45, Inflammation Score:-8, Nutrition Score:37.2099999996683%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg,

Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 820.69kcal (41.03%), Fat: 28.49g (43.82%), Saturated Fat: 7.67g (47.91%), Carbohydrates: 82.35g (27.45%), Net Carbohydrates: 77.24g (28.09%), Sugar: 5.35g (5.94%), Cholesterol: 257.73mg (85.91%), Sodium: 1212.96mg (52.74%), Alcohol: 5.22g (100%), Alcohol %: 1.1% (100%), Protein: 46.92g (93.85%), Selenium: 79.33µg (113.33%), Vitamin B3: 18.98mg (94.92%), Vitamin B6: 1.51mg (75.61%), Vitamin B1: 0.97mg (64.69%), Phosphorus: 567.42mg (56.74%), Vitamin B2: 0.87mg (50.92%), Manganese: 0.94mg (46.89%), Folate: 164.26µg (41.07%), Iron: 6.75mg (37.49%), Potassium: 1309.77mg (37.42%), Vitamin C: 28.99mg (35.14%), Vitamin B5: 3mg (29.99%), Vitamin K: 30.49µg (29.04%), Magnesium: 100.77mg (25.19%), Vitamin A: 1070.78IU (21.42%), Copper: 0.42mg (20.92%), Fiber: 5.11g (20.43%), Zinc: 3.04mg (20.3%), Vitamin E: 2.35mg (15.65%), Vitamin B12: 0.83µg (13.91%), Calcium: 99.21mg (9.92%), Vitamin D: 1.23µg (8.17%)