



Chicken & leek pot pies

READY IN



25 min.

SERVINGS



4

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 g butter
- ☐ 3 leek washed and sliced
- ☐ 350 g nacho cheese dip fresh
- ☐ 0.5 bunch chives chopped
- ☐ 200 g roasted chicken cooked cut into bite-sized chunks)
- ☐ 3 tbsp milk
- ☐ 1 tbsp dijon mustard
- ☐ 320 g pastry crust
- ☐ 1 large eggs beaten

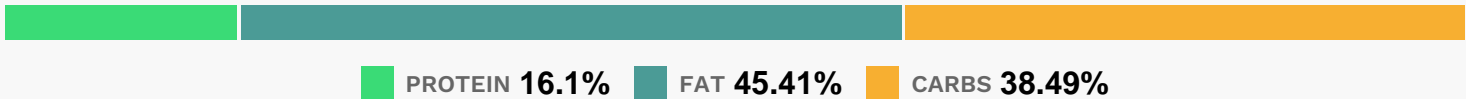
Equipment

- ☐ frying pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a large pan, melt the butter and cook the leeks, covered, for 10 mins until really soft.
- ☐ Remove from the heat and stir through the cheese sauce, chives, chicken, milk and mustard.
- ☐ Mix well and spoon into small dishes or ramekins.
- ☐ Un-roll the pastry on a lightly floured surface. Use a saucer to cut circles for the pie tops.
- ☐ Place on top, trim to fit, crimp the edges and brush with egg to glaze. Wrap tightly in cling film and freeze for up to 2 months.
- ☐ To cook from frozen, heat oven to 220C/200C fan/gas
- ☐ Remove the cling film, cover with foil and put on a baking tray in the middle of the oven.
- ☐ Bake for 15 mins, then reduce the temperature to 190C/170C fan/gas 5 and bake for a further 45 mins, removing the foil for the final 30 mins.
- ☐ Serve with green vegetables.
- ☐ To cook from fresh, heat oven to 190C/170C fan/gas
- ☐ Cook for 45 mins, until the pastry is golden and puffed, and the filling is piping hot.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:18.28, Inflammation Score:-9, Nutrition Score:20.059999973878%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 606.79kcal (30.34%), Fat: 30.73g (47.27%), Saturated Fat: 9.43g (58.94%), Carbohydrates: 58.61g (19.54%), Net Carbohydrates: 55.72g (20.26%), Sugar: 6.9g (7.67%), Cholesterol: 106.66mg (35.55%), Sodium: 1259.1mg (54.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.51g (49.02%), Selenium: 37µg (52.86%), Vitamin B3: 7.51mg (37.57%), Vitamin A: 1868.56IU (37.37%), Manganese: 0.73mg (36.59%), Vitamin B1: 0.52mg (34.86%), Vitamin K: 35µg (33.34%), Folate: 122.47µg (30.62%), Iron: 4.86mg (27.01%), Vitamin B2: 0.44mg (26.13%), Phosphorus: 221.32mg (22.13%), Vitamin B6: 0.42mg (20.81%), Calcium: 141.82mg (14.18%), Fiber: 2.9g (11.58%), Magnesium: 46.17mg (11.54%), Vitamin B5: 1.07mg (10.74%), Copper: 0.2mg (10.1%), Vitamin C: 8.32mg (10.08%), Zinc: 1.47mg (9.81%), Potassium: 336.58mg (9.62%), Vitamin E: 0.97mg (6.49%), Vitamin B12: 0.33µg (5.46%), Vitamin D: 0.37µg (2.49%)