



## Chicken Potpie with Phyllo Clusters

READY IN



180 min.

SERVINGS



6

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 pounds chicken pieces whole bone-in (2 legs and 1 breast)
- 2 cups chicken broth low-sodium
- 1 serving pepper black freshly ground (we use Diamond Crystal)
- 5 tablespoons butter unsalted
- 1.5 cups leek white washed sliced well
- 2 carrots cut into a ½-inch dice (1 cup)
- 0.8 cup celery stalks sliced
- 1 medium potatoes white peeled cut into ½-inch pieces (1 ¼ cups)
- 0.5 cup wine dry white dry

- 7 tablespoons flour all-purpose
- 1 cup peas fresh
- 1 cup artichoke hearts frozen quartered
- 1 teaspoon tarragon fresh chopped for serving
- 4 tablespoons butter unsalted melted
- 8 sheets dough

## Equipment

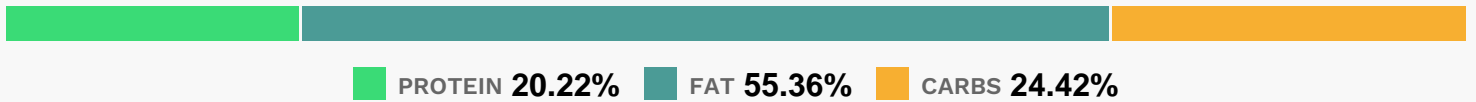
- sauce pan
- oven
- baking pan
- dutch oven

## Directions

- Place chicken in a medium Dutch oven or large saucepan, skin-sides down. Cover with broth and 2 cups water; add 1 teaspoon salt. Bring to a boil, then reduce heat to low and simmer, uncovered, until chicken is just cooked through, about 20 minutes.
- Transfer chicken to a plate; let cool about 30 minutes. Strain broth, discarding solids (you should have about 3 1/2 cups).
- Remove chicken from bones and shred meat into bite-size chunks. Discard skin and bones. You'll need 2 1/2 cups chicken; save the rest for salads or sandwiches.
- Wash and dry Dutch oven or saucepan; melt butter in it over medium-high heat.
- Add leeks, carrots, celery, potato, 1 teaspoon salt, and some pepper. Cook, stirring, until leeks are translucent, about 4 minutes.
- Add vermouth; cook until mostly evaporated, about 1 1/2 minutes.
- Stir in flour; cook 20 seconds, stirring constantly. Stir in 2 3/4 cups broth. Bring to a boil, then reduce heat and simmer, stirring often, until potato is just barely tender, about 5 minutes (mixture will look very thick; that's okay, as the vegetables will release liquid in the oven).
- Stir in chicken, peas, artichokes, and chopped tarragon. Season to taste; transfer to a 2 1/2-quart baking dish (such as a 9 1/2-to-10-by-2-inch-deep round one) and let cool 30 minutes, or refrigerate, covered, up to 1 day.

- Preheat oven to 375°F.
- Brush a sheet of phyllo lightly with melted butter. Scrunch into a loose ball and place on filling. Repeat with more sheets brushed with butter, covering the filling but leaving a bit of space between pieces.
- Bake until golden brown and bubbling in center, 45 to 50 minutes.
- Let cool 20 minutes before serving, garnished with tarragon sprig.
- Chris Simpson

## Nutrition Facts



### Properties

Glycemic Index:78.15, Glycemic Load:16.03, Inflammation Score:-10, Nutrition Score:26.450869560242%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

### Nutrients (% of daily need)

Calories: 644.54kcal (32.23%), Fat: 38.92g (59.88%), Saturated Fat: 16.94g (105.9%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 33.17g (12.06%), Sugar: 3.97g (4.41%), Cholesterol: 141.54mg (47.18%), Sodium: 289.64mg (12.59%), Alcohol: 2.06g (100%), Alcohol %: 0.61% (100%), Protein: 31.98g (63.96%), Vitamin A: 4789.45IU (95.79%), Vitamin B3: 12.9mg (64.5%), Selenium: 28.51µg (40.73%), Vitamin B6: 0.73mg (36.69%), Folate: 140.34µg (35.08%), Phosphorus: 333.74mg (33.37%), Manganese: 0.64mg (32.25%), Vitamin C: 23.82mg (28.88%), Vitamin B1: 0.43mg (28.33%), Vitamin K: 27.54µg (26.23%), Vitamin B2: 0.44mg (26.11%), Iron: 4.04mg (22.42%), Potassium: 782.17mg (22.35%), Fiber: 5.46g (21.83%), Magnesium: 71.02mg (17.75%), Zinc: 2.6mg (17.36%), Vitamin B5: 1.62mg (16.18%), Copper: 0.28mg (14.07%), Vitamin E: 1.31mg (8.7%), Vitamin B12: 0.51µg (8.55%), Calcium: 73.91mg (7.39%), Vitamin D: 0.57µg (3.81%)