



## Ham, leek & potato pie

 Popular

READY IN



65 min.

SERVINGS



4

CALORIES



940 kcal

## Ingredients

- ☐ 2 tbsp butter
- ☐ 1 large onion finely chopped
- ☐ 3 leek finely sliced
- ☐ 2 large potatoes cut into small cubes
- ☐ 2 tbsp flour plain for dusting
- ☐ 300 ml chicken
- ☐ 100 ml crème fraîche leftover (or use double cream)
- ☐ 2 tsp coarse mustard
- ☐ 200 g finely-chopped ham shredded cooked

- ☐ 4 bay leaves
- ☐ 375 g puff pastry
- ☐ 1 milk beaten (or use milk)

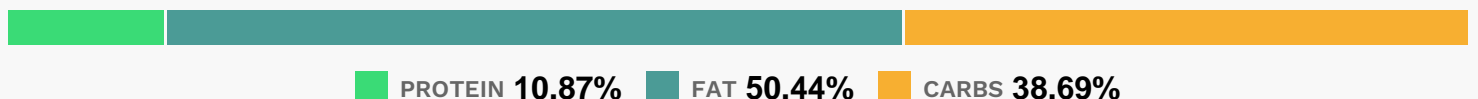
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pie form

## Directions

- ☐ Heat a large frying pan, melt the butter, then add the onion and leeks. Cover, then very gently cook for 15 mins until soft.
- ☐ Add the potatoes after 5 mins cooking.
- ☐ Stir in the flour, turn up the heat, then add the stock, stirring until the mix thickens a little. Take off the heat, then stir in the crme frache, mustard and ham. Season to taste, then cool, if you have time. Spoon the mix into a large pie dish, adding a couple of bay leaves.
- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Roll out the pastry on a floured surface to the thickness of a 1 coin.
- ☐ Cut a pastry strip the same width as the lip of the dish, wet the edge of the dish with egg, then fix the strip around it.
- ☐ Brush the top with egg, then lay over the remaining pastry.
- ☐ Trim pastry to the edge of the dish, then ruffle the cut edges with the knife blade to help the layers rise.
- ☐ Cut a few slits to let the steam escape, decorate with bay leaves, if you like, then brush all over the top with egg. Can be done up to a day ahead, keep chilled.
- ☐ Bake for 30 mins until risen.

## Nutrition Facts



## Properties

Glycemic Index:98.44, Glycemic Load:51.99, Inflammation Score:-9, Nutrition Score:32.552608407062%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

## Nutrients (% of daily need)

Calories: 940.48kcal (47.02%), Fat: 53.13g (81.74%), Saturated Fat: 16.85g (105.28%), Carbohydrates: 91.7g (30.57%), Net Carbohydrates: 84.17g (30.61%), Sugar: 7.22g (8.02%), Cholesterol: 79.03mg (26.34%), Sodium: 929.77mg (40.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.53%), Vitamin C: 59.33mg (71.92%), Vitamin B1: 0.89mg (59.52%), Manganese: 1.18mg (59.14%), Selenium: 39.57µg (56.53%), Vitamin K: 51.29µg (48.85%), Vitamin B6: 0.97mg (48.41%), Vitamin B3: 9.37mg (46.86%), Folate: 163.91µg (40.98%), Phosphorus: 394.22mg (39.42%), Potassium: 1222.58mg (34.93%), Iron: 6.17mg (34.3%), Vitamin B2: 0.56mg (32.84%), Fiber: 7.54g (30.16%), Vitamin A: 1479.38IU (29.59%), Magnesium: 98.56mg (24.64%), Copper: 0.48mg (23.91%), Zinc: 2.65mg (17.66%), Vitamin B5: 1.39mg (13.93%), Vitamin B12: 0.82µg (13.71%), Calcium: 113.94mg (11.39%), Vitamin E: 1.47mg (9.77%)