



Mini Chicken Potpies

READY IN



115 min.

SERVINGS



6

CALORIES



952 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 1 fennel bulb cored thinly sliced chopped
- ☐ 1 tablespoon flour for dusting all-purpose plus more
- ☐ 1 cup heavy cream
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 2 leeks light white green sliced and parts only
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 0.3 cup white wine

- ☐ 3 small plum tomatoes finely chopped
- ☐ 17 ounce puff pastry frozen thawed
- ☐ 0.5 pound red-skinned potatoes diced
- ☐ 1.8 pounds skin-on bone-in 6

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ ramekin
- ☐ roasting pan

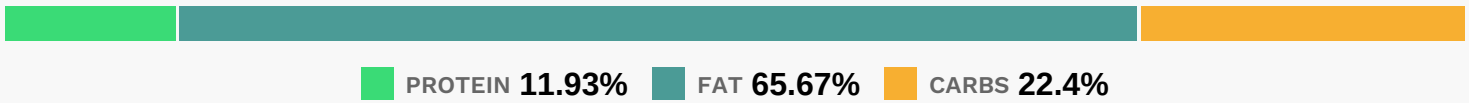
Directions

- ☐ Preheat the oven to 375 degrees F. Set the chicken in a small roasting pan; season with 3/4 teaspoon salt, and pepper to taste. Roast until golden and cooked through, about 40 minutes; let cool. Shred the meat, discarding the skin and bones.
- ☐ Meanwhile, heat the olive oil in a large skillet over medium heat.
- ☐ Add the sliced leeks and fennel and sprinkle with 1/4 teaspoon salt. Cook, stirring occasionally, until the vegetables soften, about 8 minutes.
- ☐ Sprinkle in the flour; cook, stirring, 1 minute.
- ☐ Add the Pernod and saffron; simmer until the liquid is almost evaporated, about 1 more minute.
- ☐ Add 3/4 cup water, the heavy cream, orange zest, potatoes and 1/2 teaspoon salt to the skillet. Bring to a simmer over medium-high heat and cook until the potatoes are almost tender, 8 to 10 minutes. Stir in the shredded chicken, tomatoes and fennel fronds; season with salt and pepper.
- ☐ Preheat the oven to 350 degrees F. Set out six 8-to-10-ounce ramekins. Unfold the puff pastry on a lightly floured surface. Gently roll out the pastry so it is extended by about 1/2 inch in each direction. Using a ramekin as a guide, cut out 6 rounds slightly larger than the ramekins with a paring knife.

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- Divide the filling among the ramekins, filling each nearly to the top.

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Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:22.57, Inflammation Score:-8, Nutrition Score:25.549565107926%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 952.03kcal (47.6%), Fat: 69.36g (106.7%), Saturated Fat: 22.88g (143%), Carbohydrates: 53.22g (17.74%), Net Carbohydrates: 49.21g (17.89%), Sugar: 5.88g (6.53%), Cholesterol: 186.03mg (62.01%), Sodium: 538.12mg (23.4%), Alcohol: 1.03g (100%), Alcohol %: 0.33% (100%), Protein: 28.36g (56.71%), Selenium: 45.41µg (64.87%), Vitamin K: 61.42µg (58.5%), Vitamin B3: 9.67mg (48.37%), Manganese: 0.74mg (36.96%), Phosphorus: 328.94mg (32.89%), Vitamin B1: 0.49mg (32.56%), Vitamin B2: 0.54mg (31.48%), Vitamin B6: 0.61mg (30.65%), Vitamin A: 1525IU (30.5%), Folate: 114.94µg (28.73%), Iron: 4.38mg (24.31%), Potassium: 797.9mg (22.8%), Vitamin C: 16.2mg (19.64%), Magnesium: 65.97mg (16.49%), Vitamin B5: 1.65mg (16.47%), Vitamin E: 2.47mg (16.44%), Fiber: 4.01g (16.06%), Zinc: 2.35mg (15.65%), Copper: 0.29mg (14.6%), Vitamin B12: 0.86µg (14.29%), Calcium: 92.89mg (9.29%), Vitamin D: 0.91µg (6.09%)