



## Pheasant, leek & bacon pie

 Very Healthy

READY IN



100 min.

SERVINGS



6

CALORIES



3410 kcal

### Ingredients

- ☐ 50 g butter
- ☐ 200 g streaky bacon cut into chunks
- ☐ 4 leeks cut into large chunks
- ☐ 3 celery stalks sliced
- ☐ 3 carrots halved sliced
- ☐ 2 bay leaves
- ☐ 3 tbsp flour plain
- ☐ 300 ml cider
- ☐ 500 ml chicken stock see

- ☐ 2 tbsp double cream
- ☐ 6 pheasant breasts cut into large chunks
- ☐ 3 tbsp wholegrain mustard
- ☐ 1 tbsp cider vinegar
- ☐ 500 g block puff pastry
- ☐ 6 servings eggs with a little milk, to glaze beaten

## Equipment


- ☐ oven
- ☐ casserole dish

## Directions

- ☐ Heat the butter in a casserole dish and cook the bacon for 1 min until it changes colour.
- ☐ Add the leeks, celery, carrots and bay, and cook until they start to soften. Stir the flour into the veg until it goes a sandy colour, then splash in the cider and reduce.
- ☐ Pour in the chicken stock, stir, then add the cream. Season, then bring everything to a simmer.
- ☐ Add the pheasant and gently simmer for 20 mins until the meat and veg are tender. Stir through the mustard and vinegar, then turn off the heat and cool.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Tip the mixture into a large rectangular dish.
- ☐ Roll the pastry out on a floured surface, place over the dish and trim round the edges, leaving an overhang.
- ☐ Brush the pastry with egg, then decorate with any leftover pastry, if you like.
- ☐ Sprinkle with a little sea salt. The pie can now be frozen for up to 1 month; defrost completely before baking.
- ☐ Bake for 30–35 mins until golden.
- ☐ Remove from the oven and leave to cool for 5 mins before serving.

## Nutrition Facts



 **PROTEIN 40.15%**  **FAT 51.57%**  **CARBS 8.28%**

Properties

Glycemic Index:66.97, Glycemic Load:30.11, Inflammation Score:-10, Nutrition Score:73.511304565098%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 3410.35kcal (170.52%), Fat: 189.71g (291.85%), Saturated Fat: 59.62g (372.63%), Carbohydrates: 68.57g (22.86%), Net Carbohydrates: 64.93g (23.61%), Sugar: 19.07g (21.19%), Cholesterol: 1046.4mg (348.8%), Sodium: 1361.85mg (59.21%), Alcohol: 2.49g (100%), Alcohol %: 0.16% (100%), Protein: 332.35g (664.69%), Vitamin B6: 9.51mg (475.28%), Vitamin B3: 94.92mg (474.62%), Selenium: 252.33µg (360.47%), Phosphorus: 3337.19mg (333.72%), Vitamin B12: 12.02µg (200.26%), Vitamin A: 9209.25IU (184.18%), Vitamin B2: 2.7mg (158.56%), Vitamin B5: 13.99mg (139.93%), Potassium: 4121.71mg (117.76%), Vitamin B1: 1.67mg (111.58%), Iron: 19.8mg (110.02%), Zinc: 15.3mg (101.99%), Vitamin C: 81.56mg (98.86%), Magnesium: 348.56mg (87.14%), Copper: 1.14mg (57.08%), Calcium: 533.35mg (53.33%), Manganese: 1.05mg (52.45%), Folate: 203.5µg (50.88%), Vitamin K: 47.68µg (45.41%), Vitamin D: 2.9µg (19.32%), Fiber: 3.64g (14.55%), Vitamin E: 1.76mg (11.74%)