



Creamy Chicken & Vegetable Pot Pies

SERVES: 4 | TOTAL TIME: 45 MINUTES

INGREDIENTS

- 60g butter, chopped
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 600g chicken thigh fillets, chopped
- ½ cup dry white wine
- ¼ cup plain flour
- 1 cup milk
- ½ cup thickened cream
- 2 carrots, finely chopped
- 1 stick celery, finely chopped
- 1 medium potato, finely chopped
- ½ cup fresh or frozen peas
- ½ cup corn kernels, fresh or frozen
- 2 sheets frozen puff pastry, thawed
- 1 egg, whisked
- Handful of sesame seeds

DIRECTIONS

1. Preheat oven to 200°C. Lightly grease 4 x 1 ½ cup capacity ramekins and arrange on a baking tray.
2. In a large frying pan, melt butter on high. Sauté onion and garlic for 3 to 4 until tender.
3. Add chicken and cook for 4 to 5 minutes until lightly browned. Stir in wine, bring to boil. Cook, stirring, for 1 to 2 minutes until reduced by half. Add flour and cook for 30 seconds, stirring.
4. Remove from the heat and gradually mix in the milk and cream, whisking until smooth. Return to heat. Cook, stirring, until sauce boils and thickens. Simmer for 3 minutes. Add remaining vegetables and stir through. Season to taste.
5. Divide chicken mixture evenly between prepared ramekins.
6. Cut out 4 squares from pastry a little larger than the rim of your ramekins. Place over each ramekin. Make two slits in centre of pastry with a sharp knife as air vents. Brush with a little egg and sprinkle with sesame seeds.
7. Bake for 25 to 30 minutes until pastry is golden and puffed.