

Chicken and Veg Pie

Serves 1-2 people

Ingredients

1 tbsp olive oil
1 large chicken breast
100g mixed veg
1 small onion, chopped
1 garlic clove, finely chopped
2 tablespoons chicken and veg soup
freshly ground white pepper
pinch salt
250g ready-made short-crust pastry
1 free-range egg, beaten



Equipment

White chopping board
Red chopping board
Cook's knife
Meat knife
Wooden spoon
Frying pan
Saucepan
Measuring jug
Whisk
fork and brush

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Heat the oil in a frying pan, add the chicken and fry until the chicken begins to turn white.
3. Add the mixed veg and continue to fry until the chicken is golden-brown.
4. Remove the chicken from the pan and set aside. Add the onion and garlic to the same pan and fry for 2-3 minutes or until softened. Remove from the heat and set aside with the chicken and mushrooms.
5. Mix in the soup, then add the white pepper and salt, to taste.
6. Stir in the chopped parsley and pour the sauce over the chicken and veg mixture. Mix well, then spoon into a pie dish and leave until completely cool.
7. Roll out the pastry on a lightly floured surface until it is the thickness of a pound coin. Brush the edges of the pie dish with beaten egg, lay the pastry on top, press down the edges and trim. Brush the top of the pie with beaten egg and cut some leaf shapes out of the left-over pastry to decorate the top of the pie.
8. Make two or three slits in the top of the pie to allow steam to escape and then bake in the oven for 20-25 minutes or until golden-brown on top.