



Meals with Milk — Chicken Pie

RECIPE 

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Ingredients:

- 4 pieces of chicken (thighs and legs, without skin)
- 8 peppercorns
- 1 white onion, diced
- 2 cloves of garlic, crushed
- 1 bay leaf
- 2 cloves
- 1 litre Magnolia Low Fat Hi Cal Milk (<http://www.magnolia.com.sg/products/fresh-milk/lo-fat-hi-cal-milk/>)
- 6 rashers back bacon cut into batons
- 15g butter
- 2 Swiss brown mushrooms, sliced
- 2 medium carrots, diced
- 20g plain flour
- 15g Dijon mustard
- 1 packet of puff pastry
- 1 beaten egg for glazing

Method:

1. Preheat the oven to 200°C.
2. In a saucepan, add the chicken, peppercorns, white onion, garlic, cloves and bay leaf.
3. Cover with milk. Bring to the boil, then reduce heat and simmer for 25 minutes until the chicken is cooked.
4. Meanwhile, in a fry pan, add butter and carrot; then add the second onion and bacon and slowly cook until soft, then add the sliced mushrooms.

5. When the chicken is cooked, remove from the milk and flake the chicken meat into the pan with the vegetables and bacon, discarding the bones.
6. Stir in the flour and cook through for two minutes before adding the milk mixture through a sieve to remove the peppercorns and bay leaf. Add the Dijon mustard and stir constantly to make a thick sauce.
7. Roll out the sheets of puff pastry in a rectangular shape to the thickness of two dollar coins.
8. Line a pie dish with one sheet of pastry and lay the filling on top.
9. Cover with the second sheet and crimp the edges.
10. Brush the pie with beaten egg and bake in the oven for 35-45 minutes or until the pastry is golden brown.

Serves 4

Nutrition Information

| Nutrient | Per Serve |
|-------------------|-----------|
| Energy (kcal) | 637 |
| Protein (g) | 61.2 |
| Total Fat (g) | 25.9 |
| Saturated Fat (g) | 9.9 |
| Cholesterol (mg) | 277 |
| Carbohydrate (g) | 37.1 |
| Dietary Fibre (g) | 6.4 |
| Sodium (mg) | 987 |

Chicken pie is a balanced meal complete with carbohydrate, protein and fibre. It does have a high fat content due to the use of puff pastry, which has high amounts of butter. However, this tasty dish can still be part of an overall healthy well-balanced diet.

About the chef:

Born in Australia, chef Drew Nocente grew up surrounded by fresh produce. His menu at Salted & Hung (<http://www.saltedandhung.com.sg>) in Purvis Street draws on his Italian heritage and passion for curing and grilling.

About the nutritionist:

Jaclyn Reutens is the spokesperson for nutritional issues on Channel News Asia and has assisted food manufacturers with the development of healthier choice food products. She is the principal consultant and founder of APTIMA Nutrition & Sports Consultants. A graduate from the Flinders University of South Australia in 2002, she holds a Bachelor of Nutrition and Dietetics.