



Chicken Pie and Peas Recipe



Ingredients:


This recipe makes 4 portions of about 260g.

- 3 medium-sized potatoes, peeled
- 30g vegetable fat spread
- 1 small onion, finely chopped
- 2 tablespoons plain flour
- 250ml semi-skimmed milk, warmed
- 250ml water
- ½ teaspoon mustard powder
- 200g cooked chicken
- 1 medium carrot, peeled and sliced
- ½ small head broccoli, spears only

Method:

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Dice the peeled potatoes and boil until tender.
3. Drain the potatoes and mash them, adding a little semi-skimmed milk if needed.
4. Melt the vegetable fat spread in a saucepan over a medium heat. Add the chopped onion and cook for 5 minutes, stirring occasionally.
5. Add the flour to the saucepan and stir for 2 minutes to make a thick paste
6. Slowly add the warm milk to the saucepan, stirring continuously to make a smooth sauce. When all the milk has been added, stir in the water and mustard powder. Bring to the boil, stirring continuously until the sauce has thickened.
7. Chop the chicken into even-sized pieces and add to the sauce.
8. Add the chopped vegetables and pour into a heatproof pie dish.
9. Spread the mashed potato over the chicken and vegetable mixture.
10. Bake in the oven for about 25 minutes.

Serve with 80grms of peas and a glass of water

	The portion sizes shown in the photo meet the needs of an average 5-11 year old.
Chicken pie	260g
Peas	80g
Water	150ml



Recipe:

<http://cptportal.cumbria.nhs.uk/SiteDirectory/ChildrensServices/Public%20Health/Healthy%20weight%20programme/SESSION%20%20Eating%20Well/Session%20%20Additional%20Resources/CHEW-5-11-MAINMEALS.pdf>