





## **Chicken Pie and Peas Recipe**



## **Ingredients:**

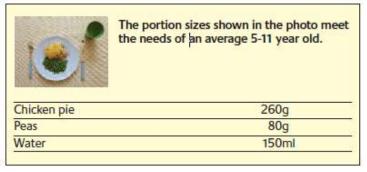
This recipe makes 4 portions of about 260g.

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





Recipe

http://cptportal.cumbria.nhs.uk/SiteDirectory/ChildrensServices/Public%20Health/Healthy%20weight%20programme/SESSION%202%20Eating%20Well/Session%202%20Additional%20Resources/CHEW-5-11-MAINMEALS.pdf