

Creamy Chicken, Spring Vegetable and Potato Pie



Ingredients

- 1 teaspoon olive oil
- 1 carrot cut into thin batons
- 100g celery, cut into thin batons
- 1/2 leek, washed and cut into thin batons
- 2 cloves garlic, crushed
- 1/4 cup plain flour
- 1/4 cup white wine
- 2 teaspoons wholegrain mustard
- 2 cups HeartActive milk
- 200g skinless chicken breast fillet, cut into bite-size chunks
- 2 tablespoons chopped flat-leaf parsley
- 150g potatoes, peeled and cut into 5cm chunks
- 150g sweet potato, peeled and cut into 5cm chunks
- 1/4 cup HeartActive milk, hot
- 2 tablespoons grated Cracker Barrel vintage light cheddar

Method

1. Heat olive oil in a large non-stick saucepan, brown chicken for 1 minute before adding carrot, celery, leek and garlic, saute until softened.
2. Add flour and stir for 30 seconds before adding white wine and mustard, simmer for 30 seconds before adding HeartActive. Stir until thick and smooth, then stir in parsley. Spoon mixture into a small baking dish (approx. 20x 10cm).
3. Cover potatoes with cold water in a saucepan, bring to the boil and after 5 minutes add sweet potato, cook for a further 10 minutes until potatoes are tender. Drain well and return to saucepan with HeartActive, mash until smooth. Spoon mash ontop of pies to cover and sprinkle with cheese.
4. Bake at 200° C for 30 minutes until golden and bubbling. Stand for 5 minutes before serving

<http://www.heartactive.com.au/heart-health/recipes-and-food-tips/creamy-chicken,-spring-vegetable-and-potato-pie.aspx>