

Chicken & Leek Pie

Using filo helps keep this pie low in saturated fat, why not add sweet potato wedges to boost your veg count.

Serves 2

Prep 15 mins

Cook 30 mins

Ingredients

2 chicken breasts, chopped into bite-size chunks

1 leek, finely sliced

1 carrot, chopped

Mushrooms

225ml/8fl oz low-sodium chicken stock

2 tsp wholegrain mustard

85g/3oz light soft cheese

2 tbsp chopped tarragon leaves

2 sheets filo pastry

Method

- 1) Heat oven to 200c/180c fan/gas 6.
- 2) Heat 1tsp oil in a medium frying pan. Fry the chicken until browned, remove from the pan and set aside. Add the leek, Mushrooms and a splash of water, and gently fry until soft, about 7 mins. Add the carrot and cook for 3 mins more. Pour in the stock and boil until reduced by half, then add the mustard and soft cheese, stirring well to combine. Return the chicken to the pan, add the tarragon and some seasoning
- 3) Divide the mixture between 2 small ovenproof dishes. Take the filo sheets and scrunch them up. Top each pie with a sheet and brush with remaining 1 tsp oil. Cook the pies in the oven for 15 mins, until pastry is golden

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