

CHICKEN MUSHROOM AND ASPARAGUS PIE



QUICK

15 mins
prep time

HEALTHY

Asparagus is a great source of folic acid which is needed to form red blood cells and is also necessary for protein metabolism

FAMILY

Feeds 6-8

MEALS

Delicious served with a green salad and wholemeal rice

INGREDIENTS

- 8 skinless and boneless chicken thighs (approx. 1kg)
- 300g mushrooms
- 300g asparagus – already trimmed
- 2 onions
- 3 garlic cloves
- 1 tbs mixed dried herbs
- 400-500ml chicken stock
- 1 tbs cornflour
- 2 sheets filo pastry
- 2 x 1 tbs oil for frying
- Drizzle of oil
- S & P

METHOD

- 1) Preheat the oven to 180°C (Fan oven)
- 2) In a large frying pan, heat the oil
- 3) Slice the onion – add to pan
- 4) Add the minced garlic
- 5) Cube the chicken and add as you go along
- 6) Roughly chop the mushrooms – add as you go along
- 7) Chop asparagus in to 2-3cm pieces - add
- 8) Add dried mixed herbs and sauté for another minute whilst you make the stock
- 9) Add stock
- 10) Mix 1 tbs cornflour with 2 tbs cold water and add to the simmering mix till it thickens.
- 11) Taste and season with S & P
- 12) Transfer to an ovenproof dish
- 13) Scrunch up filo pastry sheets & layer it on top
- 14) Drizzle with oil and cook for 20-25 mins



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