

Healthier chicken and mushroom pie (serves 2)

You will need:

- 1 red pepper
- 2 medium chicken fillets or diced chicken (240g)
- 250ml low-sodium chicken stock
- 1 garlic clove
- 1 tbsp tarragon (or other herb if preferred)
- 1 carrot
- A handful of mushrooms
- 1 leek
- 1 tbsp cornflour
- 1 tbsp half-fat crème fraiche
- 1 tbsp wholegrain mustard
- 80g peas
- 1 large sheet (50g) of filo pastry, cut into strips or squares
- 180g broccoli
- 80g cauliflower

How to make it:

Heat the oven to 180°C/350°F/Gas Mark 4

Sprinkle some black pepper over the chicken breast and then place on some tinfoil and scrunch the sides. Place in the oven for 20-25 minutes if cooking as whole breasts or brown in a pan if cooking as diced chicken.

Meanwhile put the stock, garlic, herbs, carrots, leeks and mushrooms (all chopped) into a pan. Bring to the boil and then lower the heat and simmer for roughly 20 minutes.

Using a slotted spoon, remove the whole vegetables from the stock and put into an oven-proof dish.

Mix the cornflour with 1 tbsp water and add to the stock mixture. Bring the stock mixture to the boil and stir occasionally until it has thickened and then remove from the heat. Add the wholegrain mustard, peas and half-fat crème fraiche. (If it needs more thickening, add some more cornflour mixed with water and stir in until the sauce has thickened).

Remove the chicken breast from the oven. Tear apart and spread evenly in the oven-proof dish. Pour the sauce over the chicken.

Layer the squares or strips of filo pastry on top of the pie filling in the oven-proof dish.

Place the dish into the oven for 30-40 minutes or until the pastry has started to crisp.

Meanwhile steam the vegetables either in a steamer or in the microwave and serve with the pie.

What does this give you?

- 1 portion of protein
- 3 portions of vegetables
- 1 portion of starchy foods

The stats (per serving): 427kcal, 3g saturated fat, 9.4g sugar, 12.2g fibre, 44g protein, 1.1g salt.

Preparation and cooking time: 1 hour 15 minutes

Approx. cost per serving: less than £4

Allergens: Contains gluten, mustard, milk and possibly celery and sulphites.