

## **CHICKEN VEGETABLE & POTATO PIE**

Gluten Free, Dairy Free, Low chemical

**Makes 4-5 individual serves**  
(1 ½ cup capacity serving dishes)

### **Ingredients:**

1 kg left-over cooked chicken  
1 leek  
300g wombok cabbage  
1 choko  
200g green beans  
½ cup chopped parsley  
Salt to taste  
1 ½ Tbsp Nuttelex  
1 Tbsp rice bran oil  
6 medium potatoes  
~150ml rice milk, premade stock or reserved water from steaming the potatoes



### **Method:**

Preheat the oven to 180°C, fan-forced .

Grease 4-5 individual pie dishes (or one large 30cm x 20cm x 3 cm deep baking dish)

### **Mashed potato topping:**

- Peel the potatoes, roughly chop them and steam until tender.
  - Note: they will steam faster if chopped into small pieces, however there is better nutrient retention if you steam them in bigger chunks
- When tender, reserve 150g of the potatoes for the chicken filling
- Add the rest to a bowl and mash with your choice of
  - ½ T Nuttelex and 50ml rice milk, salt to taste
  - Or pre-made stock or reserved water from the steaming of the potatoes

### **Chicken filling:**

- Shred the precooked or leftover chicken
- Thinly slice the leek, wombok, green beans and choko
- In a saucepan, melt together 1 tablespoon of the Nuttelex and the rice bran oil
- Add the chopped vegetables and parsley, and fry for 5-6 minutes
- Add the chicken and salt to taste; heat through
- Beat the 150g of reserved steamed potato with 100ml rice milk (stock or water), then stir this starchy mixture through the chicken and vegetables.
- Divide the chicken mixture between the bowls and top each with mashed potato
- Bake in the oven about 20 minutes, or until the top browns

### **Serve:**

- Place on a saucer as the pie dish will be hot to touch