

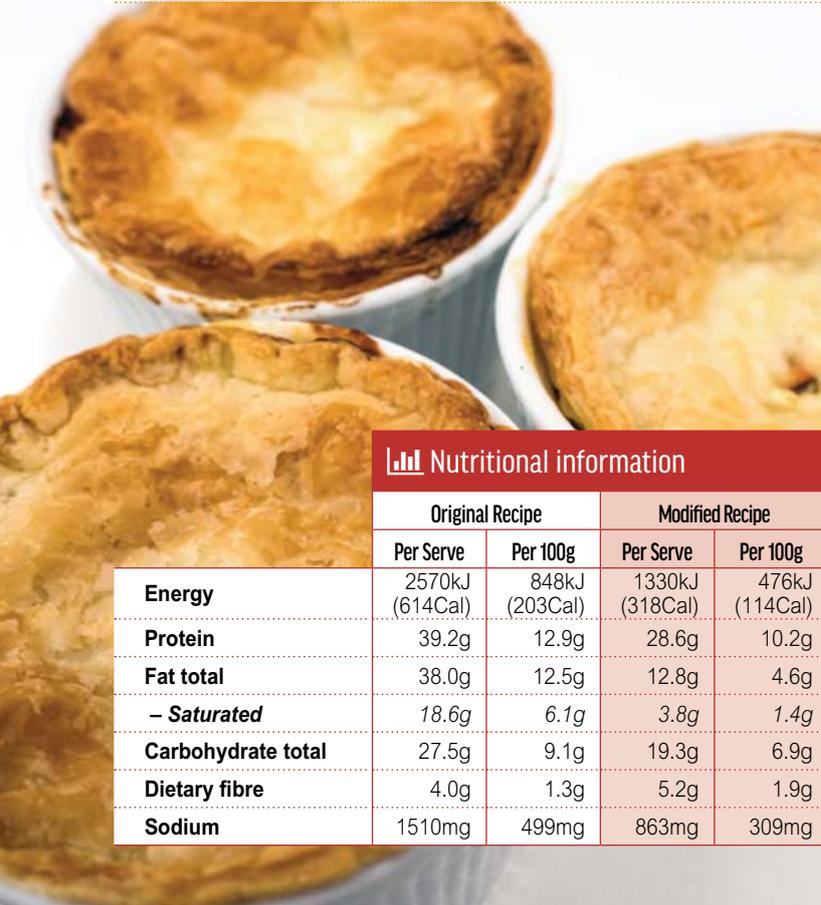
Chicken Pies

Serves 8 (makes 8 large ramekins)

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Nothing beats a lovely chicken pie. Many pies can be high in saturated fat from cream and butter in the filling as well as the pastry. I have modified a recipe to increase the amount of vegetables and heart protective unsaturated fat to make it a healthier yet delicious choice. You can use the leftover broth and vegetables from this recipe to create a lovely soup for dinner the following day.

✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
To cook the chicken		
1 kg chicken thighs	Use a whole bird to make the broth to increase the taste and reduce salt of a stockcube	1 whole chicken (choose free range if you can) chopped in pieces to cook faster
1 onion, 1 carrot, 1 celery stick coarsely chopped, 2 cloves garlic	Add extra vegetables for flavour and fibre (use leftover vegetables for soup the next day)	1 onion, 3 carrots, 3 celery sticks, 1 leek, coarsely chopped, 4 cloves garlic
For the filling		
100g butter	Use olive oil instead of butter to lower saturated fat and increase heart healthy monounsaturated fat	2 tablespoons olive oil
½ cup finely chopped onion ½ cup finely chopped carrot ½ cup finely chopped celery ½ cup frozen peas	Add extra vegetables to add nutrients and fibre	¾ cup finely chopped onion ¾ cup finely chopped carrot ¾ cup finely chopped celery ½ cup frozen peas ½ cup frozen corn
½ cup (125ml) pouring cream and ½ (125ml) of milk	Switch milk and cream to light evaporated milk to reduce total energy and saturated fat	½ cup evaporated milk
⅓ cup flour	Use corn flour with cold water instead of adding the flour in the butter to thicken sauce, this helps lower the total carbohydrate of the dish	2 heaped tablespoons corn flour mixed in ¼ cup of cold water
1 chicken stock cube/pot to 2 cups of water	Use homemade broth as per above	2 cups of homemade chicken and vegetable broth
1 lemon zested		1 lemon zested
½ teaspoon dried thyme		½ teaspoon dried thyme
2 sheets of frozen puff pastry	Choose reduced fat puff pastry and cover only the tops of the pies to lower overall saturated fat	1 sheet low fat puff pastry
1 egg (whisked with a little water)		1 egg (whisked with a little water)



Method

- Combine chopped chicken pieces, coarsely chopped onion, carrot, celery, garlic and a pinch of salt in a saucepan. Cover with water and simmer over medium heat for about half an hour until the chicken is cooked. Skim and discard any brown froth created as the chicken is cooking. Put the chicken aside to use for the filling and use leftover broth to make a soup the following day if desired.
- Cool the chicken on a plate, then coarsely shred.
- Preheat oven to 180°C. Combine the olive oil, finely chopped onion, carrot and celery in a saucepan over medium heat. Cook until the vegetables begin to soften. Add the frozen peas and corn followed by 2 cups of the homemade chicken and vegetable broth. Add the corn flour, mixed in ¼ cup of cold water, to thicken sauce.
- Remove from heat, season and stir in the chicken, thyme and lemon zest.
- Use the rim of a ramekin to trace and cut puff pastry in circles.
- Transfer mixture evenly into 8 large ramekins and cover with the puff pastry circles. Brush with egg mixture over the pastry. Bake for 30 mins or until the top is golden.
- Serve with a fresh garden salad.

Nutritional information

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy	2570kJ (614Cal)	848kJ (203Cal)	1330kJ (318Cal)	476kJ (114Cal)
Protein	39.2g	12.9g	28.6g	10.2g
Fat total	38.0g	12.5g	12.8g	4.6g
– Saturated	18.6g	6.1g	3.8g	1.4g
Carbohydrate total	27.5g	9.1g	19.3g	6.9g
Dietary fibre	4.0g	1.3g	5.2g	1.9g
Sodium	1510mg	499mg	863mg	309mg