



CREAMY CHICKEN AND VEG PIE



COOKING
+/- 30 MINUTES



SERVES
4 - 6



RECIPE BY
MARGEUX BURTON

METHOD

1. Preheat oven to 180 degree Celsius
2. To make the sauce
3. Melt the butter in a heavy saucepan over a medium heat, add in the flour and whisk until well combined, slowly add the milk while mixing so that lumps do not form.
4. Whisk well until all the milk is incorporated and thick, add in cheese and mix until melted, add in the two cups of frozen vegetables, the heat of the sauce will begin cooking them.
5. Set aside.
6. Coat the chicken fillets in half the oil with the BBQ spice and salt and pepper to taste, heat the remaining oil in a frying pan and fry the chicken fillets for 8-10 minutes turning every few minutes until cooked through. Cool slightly and shred.
7. Place sauce, and shredded chicken into a oven proof dish. Cover with puff pasty or phyllo pasty - if using phyllo pasty, brush with melted butter then crinkle into balls over the mixture. Brush the puff pasty with some melted butter.
8. Bake for 20 minutes until pastry is cooked through and browned.
9. Serve with a side salad.

Recipe by:

THE MOM NEXTDOOR
ALL THINGS MOMMY & MORE



INGREDIENTS

- 3 tablespoons oil
- 3 - 4 chicken fillets
- 1 teaspoon Cape King Foods BBQ spice
- Salt and pepper to taste
- 2 cups Frozen mixed vegetables
- 2 sprigs fresh thyme
- 1 roll ready made puff pastry or phyllo pastry
- SAUCE:**
- 50g butter
- 2 tablespoons flour
- 500ml milk
- Salt and pepper to taste
- 1/2 cup grated cheese, optional



CONTACT US

📞 021 948 2085/6

✉ sales@capekingfoods.co.za

FIND US

Unit 12

Sona Park

Cecil Morgan Street

(off La Belle Road, behind SA Breweries)