



Creamy Chicken and Pea Puff Pastry Pie with Wholegrain Mustard and Mashed Potatoes

10

Winter Warmers 40-45 Minutes • 1 of your 5 a day



Puff Pastry Sheet



Onion



Potatoes



Diced British Chicken Breast



Garlic Clove



Chicken Stock Paste



Creme Fraiche



Peas



Wholegrain Mustard



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper

+ Add Bacon Lardons

If you chose to add bacon lardons, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Frying pan, saucepan, garlic press, ovenproof dish, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Puff Pastry Sheet** 13	½ pack	¾ pack	1 pack
Onion	1	1½	2
Potatoes	450g	700g	900g
Diced British Chicken Breast**	240g	390g	480g
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Crème Fraîche** 7	150g	225g	300g
Peas**	120g	180g	240g
Wholegrain Mustard 9	17g	25g	34g
British Smoked Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	120ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	696g	100g	741g	100g
Energy (kJ/kcal)	4108/982	590/141	4596/1098	620/148
Fat (g)	47.6	6.8	56.7	7.7
Sat. Fat (g)	26.2	3.8	29.0	3.9
Carbohydrate (g)	93.6	13.4	94.5	12.8
Sugars (g)	17.0	2.4	17.1	2.3
Protein (g)	47.9	6.9	55.6	7.5
Salt (g)	2.14	0.31	3.37	0.45

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Fry the Onion

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **puff pastry** from your fridge and allow to come up to room temperature.

Halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion** to the pan. Season and stir-fry until softened, 4-5 mins. While the **onion** fries, chop the **potatoes** into 2cm chunks (peel first if you prefer).

+ Add Bacon Lardons

If you're adding **bacon**, add it to the pan with the **onion**. Fry for the same amount of time. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.

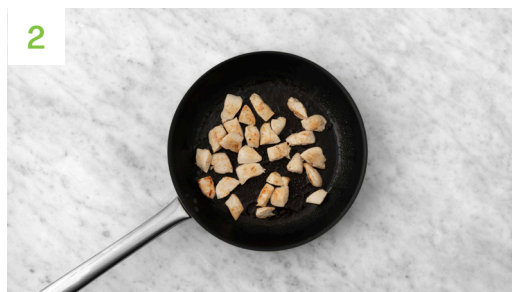


Assemble and Bake

Once the **chicken** is cooked, stir in the **peas** and **mustard** (add less **mustard** if you'd prefer). Taste and season if needed, then transfer to an appropriately sized ovenproof dish.

Cover with the **pastry** (see ingredients for amount), pressing it over the side of the dish or just sitting it on top, then trimming off any excess.

Make a small hole in the middle to allow steam to escape. Bake your **pie** on the top shelf of your oven until golden brown, 15-20 mins. **TIP:** Brush the **pastry** with a little milk if you have some.



Brown the Chicken

Once the **onion** has softened, add the **diced chicken** to the pan.

Cook until browned all over, 5-6 mins. Stir occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Meanwhile, bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**. Peel and grate the **garlic** (or use a garlic press).

Once the **chicken** has browned, add the **garlic** and fry for a further 30 secs.



Mash the Potatoes

Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**.

Cover with a lid to keep warm.



Start the Sauce

Stir the **chicken stock paste**, **crème fraîche** and **water for the sauce** (see pantry for amount) into the **chicken**.

Bring to the boil, then lower the heat and simmer until the **chicken** is cooked through and the **liquid** has reduced, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Meanwhile, when the **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



Finish and Serve

Once the **pie** is ready, remove it from the oven and allow it to stand for 2 mins, then share it out between your plates.

Serve the **mash** alongside and tuck in.

Enjoy!