



Spring Chicken and Pea Mash Pie with Dill and Greek Style Salad Cheese

Spring Greens 40-45 Minutes • 1 of your 5 a day

5



Potatoes



Onion



Garlic Clove



Dill



Greek Style Salad Cheese



Diced Chicken Thigh



Lemon & Herb Seasoning



Chicken Stock Paste



Peas

Pantry Items

Oil, Salt, Pepper, Plain Flour

Before you start

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

Cooking tools

Saucepan, colander, potato masher, garlic press, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion	1	2	2
Garlic Clove**	2	3	4
Dill**	1 bunch	1 bunch	1 bunch
Greek Style Salad Cheese** 7)	50g	100g	100g
Diced Chicken Thigh**	260g	350g	520g
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	15g	25g	50g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	250ml	350ml	500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 530g	Per 100g 100g
Energy (kJ/kcal)	2293 /548	432 /103
Fat (g)	19.2	3.6
Sat. Fat (g)	7.5	1.4
Carbohydrate (g)	58.0	10.9
Sugars (g)	10.8	2.0
Protein (g)	43.2	8.1
Salt (g)	2.56	0.48

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

Allergens

7) Milk

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, milk, egg, mustard, celery, soya, 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.

Contact

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1 Make your Mash

Bring a large saucepan of **water** with ½ **tsp salt** to the boil on high heat.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Once 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.



4 Add the Flavour

Stir through the **garlic**, **lemon & herb seasoning** and **flour** (see pantry for amount). Cook for 1-2 mins - you want all the **veg** and **chicken** to be coated in the **flour**.

Add the **water for the sauce** (see pantry for amount), **chicken stock paste** and **peas**. Simmer until the **sauce** has thickened, 3-4 mins.

Meanwhile, set your grill to the highest setting.

Once the **sauce** has thickened, taste and season with **salt** and **pepper** if needed. Stir through **half the dill**.



2 Finish the Prep

In the meantime, halve, peel and chop the **onion** into small pieces.

Peel and grate the **garlic** (or use a garlic press).

Roughly chop the **dill** (stalks and all).

Crumble the **Greek style salad cheese**.



5 Assemble your Pie

Gently stir the remaining **dill** and **crumbled Greek salad cheese** through the **mash**.

Pour the **chicken mixture** into an appropriately sized ovenproof dish, then carefully spread over the **potato mash**.

Grill until the **mash** is golden, 6-8 mins.



3 Start the Pie Filling

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

Once hot, add the **diced chicken thigh** and **onion**. Season with **salt** and **pepper**.

Fry until the **chicken** is golden brown on the outside and cooked through, 8-10 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



6 Finish and Serve

Once cooked, share the **potato topped pie** between your plates.

Enjoy!