

Roast chicken, leek & mushroom pie

SERVES - 6

NUTRITION PER SERVING

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Fat: 43 g

Carbs: 32 g / Fibre: 5 g (Net Carbs: 27 g)

Protein: 79 g

I spotted gluten free puff pastry (ready rolled) at the supermarket and thought I'd make a chicken pie. It's rare I buy products like this but every once in a while it's a lovely treat. This pastry is made from rice flour, pea flour and buckwheat flour.

This recipe is part roast chicken part stew, then topped with a golden puff pastry square.

INGREDIENTS

- 1.5 kg whole chicken
- 1 t smoked paprika
- 20 g butter
- 1 leek
- 200 g field mushrooms
- 30 g fresh thyme
- 200 ml white wine
- 3 T Crème fraîche
- 300 g gluten-free puff pastry
- 1 egg

- 300 g green beans
- olive oil
- salt & pepper

METHOD

1. Preheat oven to 180°C / 350 F.
2. Bring chicken to room temperature, place in a large roasting dish, rub with smoked paprika.
3. Place butter on top of chicken and roast for 1 hour and 20 mins.
4. Remove from chicken and allow to rest.
5. Pour fat and jus from the roasting tin into a large pan.
6. Chop and wash leek, and add to the pan and cook down for 10 mins.
7. Peel and chop field mushrooms and add to the leeks. Pick and add fresh thyme and cook down for 20-30 mins.
8. Shred all chicken meat off the bone. You can use the carcass to make bone broth and freeze for future use.
9. Add wine to leek and mushroom mixture and cook off alcohol for 5 mins.
10. Stir in crème fraîche and add chicken.
11. Cut pastry into 50 g rectangles, place on a baking sheet, score diagonally with a sharp knife and brush with egg wash.
12. Bake pastry pie tops for 20 mins.
13. Simmer green beans for 5 mins, drain and serve drizzled with olive oil, salt and pepper.
14. Dish up pie mixture onto plates, top with golden pastry tops and green beans.