



Chicken, ham and leek pie - Serves 4

Ingredients:

- 450ml chicken stock
- 550g skinned chicken breast
- 2 leeks, thickly sliced
- 125g lean cooked ham, sliced
- 350g ready-made puff pastry
- 2 sprigs thyme
- 2 tbsp semi-skimmed milk

Method:

1. Preheat the oven to gas mark 7, 220°C. Bring stock to the boil. Add the chicken, leeks and thyme, lower the heat and simmer for 10 minutes.
2. Lift the chicken from the pot with a slotted spoon. Cut the chicken breasts into chunks and add to a pie dish. Add the leeks and mix. Let the stock boil and reduce down to half.
3. Slice up the ham and combine to the leeks and chicken.
4. Once the stock has reduced pour over the chicken, leeks and ham in dish.
5. Roll the pastry out, making sure it will be slightly bigger than the pie dish.
6. Brush rims of the pie dish with milk and sit pastry on top.
7. Brush the pastry with milk and score with a knife. Make a little hole at the top to allow air to escape.
8. Bake for 25 minutes until golden brown.

Did you know ?

Chicken is Britain's favourite meat. Meat with the skin taken off is low in fat, particularly saturated fat.

Chicken is high in protein. We need protein for growth and development. Children in particular need protein to help them grow.

SAFTEY TIPS

- Make sure raw meat is cooked thoroughly
- Wash hand after touching raw meat
- If re heating make sure meat is piping hot
- If you are not sure how old the meat is –throw it out

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22 Tennant Street

Edinburgh

EH6 5ND

T: 0131 467 7326

E: admin@edinburghcommunityfood.org.uk

W : www.edinburghcommunityfood.org.uk