



# Chicken and Sweetcorn Pie

with Hidden Parsnip Mash

N° 9

**FAMILY** Hands-on Time: 25 Minutes • Total Time: 35 Minutes • 2.5 of your 5 a day



Potato



Parsnip



Chicken Diced Breast



Leek



Dried Thyme



Crème Fraîche



Chicken Stock Powder



Sweetcorn



Cheddar Cheese

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Large Saucepan, Peeler, Colander, Large Frying Pan, Sieve, Potato Masher, Ovenproof Dish and Coarse Grater.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Parsnip**	1	1	2
Chicken Diced Breast**	280g	420g	560g
Leek**	1	1½	2
Dried Thyme	1 small pot	1 large pot	1 large pot
Crème Fraîche 7)**	150g	225g	300g
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Sweetcorn	1 small tin	¾ large tin	1 large tin
Cheddar Cheese 7)**	1 block	1½ blocks	2 blocks

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	712g	100g
Energy (kJ/kcal)	3069 / 734	431 / 103
Fat (g)	34	5
Sat. Fat (g)	16	2
Carbohydrate (g)	71	10
Sugars (g)	15	2
Protein (g)	49	7
Salt (g)	1.50	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Tatties and Snips

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Meanwhile, peel the **potatoes** and chop into 2cm chunks. Trim and peel the **parsnips** and chop into 2cm chunks. Add the **potatoes** and **parsnips** to the pan of boiling **water** and cook until you can easily slip a knife through, 15-20mins. Once cooked, drain in a colander and return to the pan, off the heat.



## 4. Assemble

Preheat your grill to high. Stir the **sweetcorn** into the **chicken mixture**. Season to taste with **salt** and **pepper** then transfer into an ovenproof dish. Spoon the **mash** on top and spread out so it covers the **filling** evenly.



## 2. Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **chicken** and fry until starting to brown, 5-6 mins, stirring occasionally. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* While the chicken fries, trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways.



## 5. Bake

Grate the **cheddar cheese** evenly over then grill until golden and bubbly, 4-5 mins.



## 3. Make the Filling and Mash

Stir the **leek** and **dried thyme** into the **chicken** and cook until the **leek** has softened, another 2-3 mins. Stir in the **crème fraîche** and **chicken stock powder**, bring to the boil then reduce the heat and simmer for 2-3 mins. Meanwhile, drain and rinse the **sweetcorn** in a sieve. Mash the cooked **potatoes** and **parsnips** together until smooth. Season with **salt** and **pepper**. **TIP:** *Add a knob of butter or a splash of milk to the mash if you have some!*



## 6. Serve

Serve the **pie**.  
**Enjoy!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.