



# CHICKEN PASTILLA PIE

with Kale and Dried Apricots



## HELLO PUFF PASTRY

*The secret behind puff pastry is laminating. Fat is sandwiched between layers and folded multiple times ( it even has a formula ) to produce light and airy pastry. It can be time consuming to make so we have saved you the job!*



Onion



Dried Apricots



Garlic Clove



Diced Chicken Thigh



Chermoula Spice



Honey



Plain Flour



Chicken Stock Powder



Kale



Puff Pastry



Sesame Seeds

'Pastilla' is a traditional Moroccan pie that combines sweet and savoury flavours! Our hearty, kale-packed version uses dried apricots and sesame seeds to transport you to warm weather and sunshine.

40 mins

2 of your 5 a day

MEAL BAG

2

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan (with Lid or Foil)**, **Fine Grater** (or **Garlic Press**), **Measuring Jug** and **Ovenproof Dish**. Now, let's get cooking!



### 1 COOK THE ONION

Preheat your oven to 220°C. Halve, peel and thinly slice the **onion**. Heat a drizzle of **oil** in a frying pan on medium high heat. Once the **oil** is hot, add the **onion** and cook until soft, 4-5 mins, stirring occasionally. While the **onion** cooks, quarter the **dried apricots** and peel and grate the **garlic** (or use a garlic press).



### 2 FRY THE CHICKEN

Transfer the cooked **onions** to a bowl and pop your pan back on medium high heat with another drizzle of **oil**. Add the **diced chicken** with a pinch of **salt** and **pepper**. Stir-fry until the **chicken** is golden brown on the outside, 5 mins, then add the cooked **onion**, **apricots**, **garlic**, **chermoula**, and **honey**. Stir everything together and fry until the **mixture** starts to get a little sticky, 2 mins.



### 3 SIMMER

Stir the **flour** into the pan and cook for 1 minute, then pour in the **water** (see ingredients for amount) and add the **stock powder**. Bring to the boil and then reduce the heat and simmer until **mixture** has thickened, 3 mins. Stir constantly.



### 4 COOK THE KALE

Stir the **kale** into the **sauce**. Cover with a lid (or foil) and simmer until the **kale** is tender and the **chicken** is cooked through, 5 mins.

**! IMPORTANT:** The chicken is cooked when no longer pink in the middle. Taste the **sauce** and add **salt** and **pepper** if you feel it needs it.



### 5 BAKE!

Transfer the **mixture** to an ovenproof dish and cover with the **pastry**, trim the edges with a sharp knife. **★ TIP:** Don't worry if the **pastry** doesn't cover the whole dish! Brush the **pastry** with a little **milk** (or **water** if you don't have milk) and then sprinkle over the **sesame seeds**. Bake on the top shelf of your oven until golden brown, 12-15 mins.



### 6 FINISH AND SERVE

While the pie cooks, get your washing up done. Once cooked, spoon the **pie** into bowls. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1	2
Dried Apricots 14)	1 bag	1½ bags	2 bags
Garlic Clove *	1	2	2
Diced Chicken Thigh *	280g	420g	560g
Chermoula Spice	1 small pot	1 large pot	1 large pot
Honey	1 sachet	1 sachet	2 sachets
Plain Flour 13)	24g	32g	48g
Water*	350ml	525ml	700ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Kale *	1 small bag	¾ large bag	1 large bag
Puff Pastry 13) *	½	¾	1
Sesame Seeds 3)	1 small bag	1 small bag	1 large bag

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 397G	PER 100G
Energy (kJ/kcal)	3335 / 797	841 / 201
Fat (g)	36	9
Sat. Fat (g)	13	3
Carbohydrate (g)	66	17
Sugars (g)	21	5
Protein (g)	50	13
Salt (g)	1.64	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

3) Sesame 13) Gluten 14) Sulphites

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### THUMBS UP OR THUMBS DOWN?

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