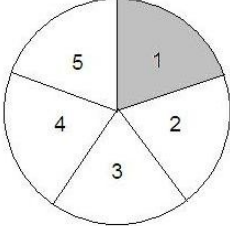


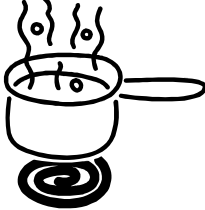
Chicken Polka Dot Pie

Serves 4

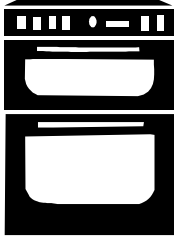
Portions of fruit & vegetables per serving: 1



Hob needed



Oven needed



Ingredients	Amount	Preparation
oil	1 teaspoon	
chicken breasts	2	cubed
onion	1 medium	chopped
mushrooms	100g (3.5oz)	sliced
frozen vegetables	250g (9oz)	
potatoes	3-4 medium	thinly sliced
margarine	25g (1oz)	
flour	25g (1oz)	
milk - semi or skimmed	300ml (½ pint)	
dried mixed herbs	¼ teaspoon	
black pepper	¼ teaspoon	

Please Turn Over



Method

- 1 Pre heat the oven to 200°C/gas mark 6.
- 2 Heat the oil in a frying pan, add the chicken and fry for 3 minutes.
- 3 Add the onions and continue to fry until they are soft.
- 4 Add the mushrooms to the pan and fry for 1 minute.
- 5 Add the frozen vegetables and heat through, remove from the heat and set aside.
- 6 In a pan of water, boil the potato slices for 2 minutes then drain and set aside.
- 7 To make the white sauce, melt the margarine in a pan then add the flour, mix well and cook for 1-2 minutes.
- 8 Add the milk a little at a time stirring continuously to make sure the sauce is not lumpy, bring to the boil and continue stirring until the sauce thickens, then add the mixed herbs and black pepper.
- 9 Mix the chicken and vegetables together with the white sauce.
- 10 Pour into an ovenproof dish and arrange the potato slices on top, but make sure not to overlap the slices.
- 11 Place in the oven and cook for 30 minutes until the potatoes are golden brown.

290 calories		Per serving
Fat	MEDIUM	12.8g
Saturates	LOW	3.1g
Sugars	LOW	5.9g
Salt	LOW	0.4g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- You can use chicken or vegetable stock instead of milk to make the sauce. Beware that this will increase the salt content though.
- You can use cooked chicken and just heat it through with the onions.

