



UCOOK

Quinoa Crusted Chicken Pot Pie

with almonds, thyme & a fresh green salad

Comfort food with a healthy twist - could you ask for anything better? Warm and cosy chicken pot pie filling, crusted with quinoa flakes and ground almonds. Sided with a fresh salad of green leaves and peas. Mouthwatering!


Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

♥ Health Nut

 Anthonij Rupert | L'Ormarins Brut Rosè Vintage

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Ingredients & Prep

5ml	Chicken Stock
20ml	Quinoa Flakes
20ml	Ground Almonds
150g	Free-range Chicken Mini Fillets <i>cut into bite-sized chunks</i>
1	Onion <i>½ peeled & roughly diced</i>
120g	Carrot <i>peeled (optional), trimmed & roughly diced</i>
65g	Button Mushrooms <i>wiped clean & roughly sliced</i>
50g	Peas
4g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
20ml	Cake Flour
125ml	Almond Milk
20g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Paper Towel

1. PREP LIFE Boil the kettle. Preheat the oven to 200°C. Dilute the stock with 200ml of boiling water. In a small bowl, mix the quinoa flakes and the ground almonds with some seasoning.

2. WING IT Place a pot over a medium-high heat with a drizzle of oil. Once hot, add the chicken pieces and fry for 3-5 minutes until cooked through and browned. Remove from the pot.

3. FANCY FILLING Return the pot to a medium-high heat with another drizzle of oil. Once hot, add the diced onion, carrot chunks and sliced mushrooms. Fry for 3-5 minutes until soft, shifting occasionally. Add in ½ the peas and the chopped thyme. Fry until the peas are heated through, about 1-2 minutes, shifting constantly. Stir through a large knob of butter or another drizzle of oil. Once the butter is melted or the oil is incorporated, sprinkle over the flour and cook out for about 1-2 minutes, shifting constantly. Slowly pour in the diluted stock and milk, mixing constantly. Mix until there are no lumps of flour. Leave to simmer for 5-6 minutes until slightly reduced and thickened, mixing occasionally.

4. CRISPY CRUST Once the pie filling has thickened, mix through the cooked chicken pieces. Pour the mixture into an ovenproof dish. Sprinkle over the quinoa and almond mixture and place in the oven for 3-5 minutes until browned.

5. TOSS THE LEAVES In a salad bowl, mix the remaining peas and the salad leaves. Add a drizzle of olive oil and some seasoning, and toss until fully coated.

6. CURRENTLY OCCU-PIED All that's left to do is dive into the warm and toasty crustless chicken pot pie. Side with the salad and don't look back!



Chef's Tip

If you have a mandolin, use it to cut up your carrots. They're hard vegetables so they take significant time and effort to chop, so make your prep as easy for yourself as possible!

Nutritional Information

Per 100g

Energy	321kJ
Energy	77Kcal
Protein	7.1g
Carbs	8g
of which sugars	2.3g
Fibre	1.9g
Fat	1.7g
of which saturated	0.2g
Sodium	96mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days