

# Chicken Pot Pies

Recipe By Sina Mizrahi



Cooking and Prep:   
1.5 h

Serves:  4

Contains:  

Preference: Meat

Difficulty: Medium

Diet: Sugar Free

Source: Relish by Binah  
Magazine

This recipe is a great way to repurpose leftover chicken and throw in a variety of vegetables. I've outlined a classic pot pie made with peas and carrots, but feel free to experiment with vegetables such as green beans, squash, and sweet potato. This dish is also freezer-friendly: Simply do all the prep work and freeze in their ramekins. No need to thaw it — just bake it for an extra few minutes.

## Ingredients (14)

### Main ingredients

- 1 1/2 pounds boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 onion, finely diced
- 4 carrots, finely diced
- 3 cloves garlic
- 1/2 cup flour

- 1 quart (4 cups) **Empire Chicken Broth**
  - 1 cup frozen peas
  - 1 bay leaf
  - 1/2 teaspoon turmeric
  - salt
  - pepper
  - 1 tablespoon chopped parsley or 3 cubes **Dorot Gardens Frozen Parsley**
  - 4 (6-inch) squares **Gefen Puff Pastry** (approximately 2 oz. each)
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## Start Cooking

For the pot pies

1. Season chicken on both sides with salt and pepper. Place on baking sheet and bake uncovered at 350°F for 20 to 25 minutes. Let cool, then cut up into 1-inch cubes.
2. Preheat oven to 425° F.
3. In a large, deep skillet, heat olive oil over medium heat, add onions and carrots, and cook until soft. Add garlic, cook for another minute.
4. Sprinkle flour evenly over mixture. Add broth and bring to a boil, whisking constantly until a thick sauce forms.
5. Add peas, bay leaf, turmeric, 1 teaspoon salt, and ½ teaspoon black pepper.
6. Stir in chicken and parsley. Divide the mixture among 4, 6-ounce or 6, 4-ounce ramekins.
7. Roll out puff pastry to 1/8-inch thickness. Cut out circles the size of the outer width of the ramekins.
8. Drape over dish and crimp edges so the dough fits perfectly. Cut 4 slits into each dough lid.
9. Bake 45 minutes or until an inserted thermometer reads 170° F. Let cool slightly before serving.

Variation:

Can substitute vegetable broth for chicken broth.

Can use cornstarch instead of flour