

Sweet Potato Topped Chicken & Mushroom Pie

hellóchef

To give this pie an extra boost of beta-carotene we've swapped regular potatoes for sweet ones!

Cals 910 • Prot 69 • Carbs 88 • Fat 35

hellochef.com • 04-825-44-00 • hello@hellochef.com



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pie filling	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Brown onion	1	1	2	Piece
Mushroom	250	250	500	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Corn starch	10	15	20	Grams
Water	300	450	600	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Cream cheese 4*	80	120	160	Grams
Dijon mustard 13*	6	9	12	Grams
Lemon	1	1	1	Piece
Black pepper	0.5	0.5	1	Tsp
Mash				
Sweet potatoes	600	800	1200	Grams
Salt	1	1	2	Tsp
Butter 4*	20	30	50	Grams
Grated orange cheddar 4*	60	90	120	Grams
To serve				
Green peas	200	250	375	Grams

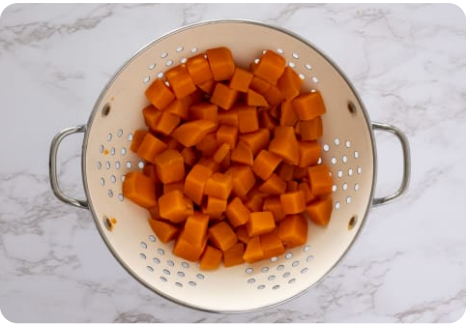
Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3802 / 910
Fat (g)	34.7
of which saturates (g)	21.8
Carbohydrate (g)	88
of which sugars (g)	22.4
Fiber (g)	15.7
Protein (g)	69.1
Salt (g)	5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil potatoes

Preheat the oven to 200°C/180°C fan. Peel and chop the **sweet potatoes** into bite-size pieces. Add them to a pan of boiling water with a generous pinch of **salt**. Cook the **sweet potatoes** over a medium heat for 15 min or until soft.



2 Prep

Meanwhile, peel and finely chop the **onion**. Clean and slice the **mushrooms**.



3 Simmer

Heat a pan over a medium heat with a drizzle of **oil**. Add the **mushrooms** with a pinch of **salt** and cook for 5 min until browned. Add the **onions** and **chicken** with a pinch of **salt** and cook for 3 min further. Add the **corn starch** and stir. Whisk in the **measured water** and **stock cube** and simmer, covered, for 8 min.



4 Make mash

Meanwhile, once soft, drain the **potatoes** and return them to the pan with the **butter**. Mash until smooth. Add half of the **cheddar**. Season very generously with **salt**.



5 Pull chicken

After 8 min, remove the **chicken** from the pan and, using two forks, shred it. Stir in the **cream cheese** and **mustard**. Give everything a good mix up and return the **chicken** to the pan. Season with a squeeze of **lemon juice**, **salt** and **pepper**. Transfer the **chicken** and **mushroom** sauce to an oven proof dish.



6 Serve

Carefully top with the **sweet potato mash** and sprinkle with the remaining **cheese**. Run a fork over the **mash** to create a ripple effect. Bake for 15 min until golden brown . Meanwhile, heat the **peas** in a microwave or a pan of boiling water. Serve alongside.

Tip! For a golden crust, place the pie under the grill or broiler for the final 5 minutes.