



Broccolini® Chicken Pot Pie

Servings

4

Calories

700

Prep Time

25 minutes

Total Time

45 minutes

Skill Level

Medium

Ingredients

2 boneless, skinless chicken breasts, cut into $\frac{3}{4}$ -inch chunks

2 tablespoons butter

1 onion, peeled, medium diced

2 carrots, peeled, medium diced

2 ribs celery, rinsed, medium diced

3 medium Yukon Gold potatoes, peeled, medium diced

4 strips thick cut bacon, cut into $\frac{1}{2}$ -inch pieces

3 cloves garlic, minced

$\frac{1}{3}$ cup flour

4 cups chicken stock

1 chicken bouillon cube

Salt and freshly ground black pepper to taste

1 bunch Mann's Broccolini® (about 9 stalks), trimmed and cut into 1-inch pieces

1 tablespoon minced fresh rosemary

1 tablespoon minced fresh thyme

1 tablespoon minced fresh parsley

1 sheet frozen puff pastry, thawed

1 egg





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The Method

Preheat oven 375°F.

In a skillet, add 1 tablespoon of canola oil over high heat. Add chicken breasts to skillet and cook until the chicken is longer pink, about 5-7 minutes. Remove chicken and allow to cool. Using the same skillet, add the bacon and cook until brown and crispy, about 3-5 minutes. Remove the bacon and set aside. Add butter to the bacon fat. Add onions, carrots, celery and potatoes and sauté for about 5 minutes, stirring occasionally. Add the minced garlic and stir for 1 more minute until fragrant.

Add flour to the vegetable mixture and stir for 1-2 minutes until toasty. Add chicken stock, bouillon cube salt and pepper and whisk until smooth and thick, about 1-2 minutes more. Reduce heat to a simmer.

After about 10 minutes check the potatoes to see if they are done. If so, stir in the Broccolini and herbs.

Divide mixture among four oven-proof soup bowls. Cut four circles out of the puff pastry, about ½-inch larger than the diameter of the bowl.

Whisk one egg and brush the outside edge of each bowl with the egg wash. Lay a circle of the puff pastry on top, and cut a small vent in the center. Brush the puff pastry with more egg wash. Repeat with the rest of the bowls.

Bake in oven until the top is golden brown, about 10-15 minutes.

Allow to cool for 7-8 minutes before serving.

Nutrition Facts

Serving Size 635g | Servings: 4

Amount Per Serving

Calories 700 | Total Fat 36g (sat fat 9g trans 0g) | Cholesterol 110mg | Sodium 1270mg | Total Carbohydrate 67g | Dietary Fiber 6g | Sugars 6g (Includes 0g Added Sugars) | Protein 29g | Vitamin D 0% | Calcium 8% | Iron 20% | Potassium 25%