

# Chicken Pie

Allergens – Celery, Gluten, Milk

## Ingredients

Quantity	Ingredient
1.2 kg	Uncooked Chicken Breast
150 g	<b>Margarine</b>
150 g	<b>Plain Flour</b> (contains <b>Wheat</b> )
600 g	<b>Puff Pastry</b> (contains <b>Wheat</b> )
600 ml	<b>Semi-Skimmed Milk</b>
500 ml	Water
15 g	Chicken <b>Bouillon</b> - Knorr (contains <b>Celery</b> )



Vegetable and Carbohydrate is provided based on the current menu

## Method

1. Dice and cook the chicken breast to 75°C core temperature.
2. Cool for a maximum of 1 hour according to safe practice.
3. Make a white roux sauce and add in the chicken and bouillon.
4. Place the chicken mixture in a tin and top with the puff pastry.
5. Bake at 180°C, 350°F, Gas mark 4 for 30 minutes until the pastry is crisp and golden.

### Nutritional Content per 180g Chicken, Sauce & Pastry

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 273.9	= 14.7	= 5.3	= 2.0	= 0.7	= 18.7

**Portion size - Primary - 180g Pastry @ 30g = 10.8 g Carbs**