

Chicken Potato Topped Pie



Serves	6
Prep time	1 hour
Cook time	30 minutes
Total time	1 hour, 30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Main Dish
Misc	Child Friendly , Pre-preparable , Serve Hot

Ingredients

- Salt (to season)

Filling:

- 500g chicken fillets (cut into 1 - 2 cm pieces)
- 4 spring onions (finely chopped)
- 1 stalk celery (finely chopped)
- 1 tablespoon sunflower oil
- 3 tablespoons No-tomato sauce (Refer to recipe)
- 1 cup chopped green beans (fresh or frozen and thawed)

Veloute sauce:

- 2 1/4 cups chicken or vegetable stock (Refer to recipe)
- 30g butter or Nuttalex
- 2 tablespoons flour

Topping:

- 1kg potatoes (3 very large)
- 120ml rice milk or milk (approximately)
- Butter or Nuttalex (to top)

Directions

1. Peel and cook the potatoes (boil, steam or microwave)..

While the potatoes are cooking, make the veloute sauce:

2. Pour the stock into a saucepan and bring to a simmer.
3. In a medium sized saucepan melt the Nuttalex over medium heat, then add the flour and stir to form a paste. Cook the paste for a few minutes, stirring, until it starts to colour. Remove from the heat and allow to cool for a couple of minutes.
4. Place the flour paste over low heat and slowly add in the stock, whisking until it is smooth and thick like gravy. Remove from the heat and set aside.



5. Preheat the oven to 180°C and lightly spray or grease a casserole dish.
6. Mash the potatoes with the rice milk, adding the milk slowly until you have a smooth and creamy mash. Season with salt.

Make the filling:

7. In a frying pan heat the sunflower oil. Add the garlic, spring onions and celery and cook for a few minutes until soft.
8. Add the chicken and cook through. Add the beans and no-tomato sauce and stir through, stir in the veloute sauce and simmer until the beans are cooked. If the filling has too much liquid let it simmer for longer until it thickens up.
9. Allow the filling to cool slightly.
10. Pur the filling into the casserole dish then spread the potato over the top. Dot the top of the potato with little knobs of Nuttalex or butter.



11. Place the pie into the oven and cook for 30 minutes or until the top is golden brown.

12. Let the pie rest for 5 to 10 minutes before serving.

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Note

Low Chemical / Failsafe

Refer here for the [chicken stock](#) and [no-tomato sauce](#) recipes.