

Chicken and Leek Pie



Serves	6
Prep time	1 hour, 40 minutes
Cook time	30 minutes
Total time	2 hours, 10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe , Salicylate Challenge
Meal type	Main Dish
Misc	Pre-preparable , Serve Hot

Ingredients

- 1 tablespoon sunflower oil
- 1 Large leek (sliced)
- 2 tablespoons tapioca starch
- 2 cups chicken or vegetable stock (Refer to recipe)
- 1 cup milk
- 1/2 cup cream
- 600g skinless chicken breast fillets
- 1 sheet pastry (refer to note)

Optional

- 3 tablespoons parsley chopped (refer to note)

Directions

1. Place the chicken breasts and stock into a saucepan. Add additional water if the chicken isn't completely covered. Bring to the boil then reduce the heat and simmer for 10 minutes. Remove from the heat and allow the chicken to rest for 10 minutes in the stock.
2. Remove the chicken from the stock. Set aside 1/2 a cup of the stock. The remaining stock can be stored in the fridge or freezer for later use. Chop up the cooked chicken.
3. Preheat the oven to 200 C and lightly grease a pie dish.
4. Heat the oil in a medium sized saucepan and cook the leek until soft, 2 - 3 minutes. Add the tapioca starch and cook for 1 minute.
5. In a separate bowl combine the stock, milk and cream. Gradually pour into the leek mixture and cook, stirring constantly, until it boils and thickens.
6. Stir in the chicken and parsley and season with salt. Remove from the heat and allow to cool completely.
7. Pour into the pie dish then cover the top with the pastry. Trim the pastry, leaving some overhang around the edges. Cut a slit for steam to escape.
8. Place the pie in the fridge to rest for 15 minutes then brush the top with some extra milk.
9. Bake for 30 minutes, until the pastry is golden.

Note

Low / High Salicylates, Low Amines, Low Glutamates

Parsley is high in salicylates so leave it out if on the elimination diet.

You can use Butter Puff Pastry or [home made shortcrust pastry](#) for the pie, or top it with potato instead.

The filling is gluten-free.

Use home made [chicken or vegetable stock](#).