

GARLIC MUSHROOM POT PIE (SERVES 4)

Ingredients:

- 2 pieces Gardenia Garlic and Herbs Bread Stix
- 100 g chicken breast, skinless and boneless, cut into cubes
- 1 tsp corn starch
- 100 g fresh shitake mushrooms, washed and diced
- 25 g onions, diced
- 1 tsp olive oil
- 1/3 cup low-fat milk
- 1/3 cup chicken stock
- 1 tsp mixed Italian herbs
- 20 g parmesan cheese, shredded
- 1/4 cup frozen mixed vegetables
- Salt and pepper to taste

Corn starch mixture

Mix 2 tbsp corn starch with 1 tbsp water



Directions:

1. Pre-heat the oven at 200°C
2. Coat the chicken breast with corn starch and set aside
3. Cut each Bread Stix into 8 long strips then set aside
4. In a frying pan, heat oil and sauté the onions until translucent
5. Add the chicken breast and the Italian herbs and stir-fry for 3 minutes. Add in the mushrooms and mixed vegetables and continue to stir-fry until cooked
6. Pour milk and chicken stock into the pan and simmer for another 5 minutes
7. Add the corn starch mixture into the chicken and mushroom filling and stir it continuously for another 2 minutes or until the filling thickens. Remove from heat
8. Fill a medium-sized casserole dish with the chicken and mushroom filling
9. Arrange the bread strips in a crisscross pattern on top of the filling
10. Sprinkle the parmesan cheese on top and bake for 15 minutes
11. Serve immediately

Tips:

- Alternatively, you can use any leftover meat such as roasted chicken or beef to use in the filling
- Using fresh herbs (e.g. Basil, Thyme, etc...) will add more freshness and flavor to the pot pie. You can add as much as you want for great taste and aroma

Nutrition Information Panel**Approximate Nutritional Analysis per Serving**

Servings per recipe: 4	
	Per serving
Energy	158 kcal
Carbohydrate	18.1 g
Protein	11 g
Total Fat	4.7 g
Saturated fat	1.6 g
Dietary Fibre	1.7 g
Cholesterol	21 mg
Sodium	325 mg

 *So good... you can even eat it on its own!*