

Recipe: The Wolf Boy's Pie

Main dish

Not your usual shepherd's pie! This pie is filled with colourful vegetables, chicken and mashed potatoes for a wholesome twist.

Preparation time: 35 minutes
 Cooking time: 25 minutes
 Serves 15 children

Per serving = a portion of 100 g

Ingredients (Filling):

- 1 tablespoon of canola oil*
- 100 g of chopped onions
- 5 cloves of chopped large garlics
- 150 g carrots, shredded or diced
- 400 g of sweet corn kernel*
- 200 g cauliflower
- 500 g of chicken breast, minced
- ½ teaspoon of salt

Ingredients (Mashed potato):

- 7 large cloves of garlic, peeled
- ½ teaspoon canola oil*
- 800 g of potatoes
- ½ teaspoon salt
- 1 egg yolk, beaten with 1 tablespoon cool water



* Choose products with the Healthier Choice Symbol



Nutrition Information
(Per serving): 100 g
Energy 153.6 kcal
Protein 9.2 g
Total fat 4.5 g
 Saturated fat 1.0 g
Carbohydrates 20.2 g
Dietary fibre 2.8 g
Sodium 200 mg

Methods

For the filling

1. Heat the canola oil in a large skillet over medium heat and sauté the onions and garlic until tender.
2. Add carrots, corn kernel, cauliflower and cook until they start to soften (about 3 mins).
3. Add minced chicken and salt and continue to cook until the minced chicken whitens, and all the moisture is reduced (preferably dry out).
4. Set aside to cool.

For the Mashed Potato

1. Lightly brown the garlic by pan frying them in ½ teaspoon of canola oil. Set aside.
2. Boil the potato until softened (when it can be pierced easily by a fork).
3. Peel off the potato skin and mash the potato manually in smaller pieces.
4. Place the mashed potatoes, lightly brown garlic and salt into a blender and blend until you have a smooth puree.

Cost per serving \$0.70

Assemble Pie

1. To assemble the pie, distribute the ground chicken evenly in an 8in square or round baking dish.
2. Spread the mashed potato over the top of the ground chicken and brush the top with egg yolk.
3. Bake in a preheated oven at 180°C for approx. 25 minutes.

Tips:

- *Add 1 teaspoon of chilli powder when preparing the filling for some kick.*
- *To have a smoother filling, you can blend the mixture after it is cooked and cooled, before assembling.*