

Recipe

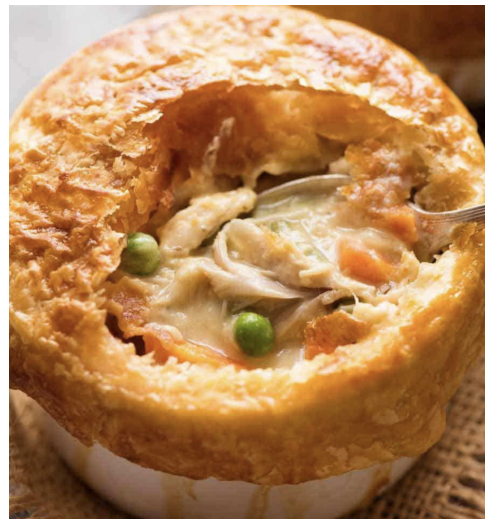
Individual Chicken Pot Pies

Category

Lunch

Description

Individual Pies stuffed with chicken breast and loads of veggies in a creamy, flavor-packed roux, topped with a flaky Puff Pastry Crust.



Servings

4 Lunch sized servings, for dinner make extra.

Ingredients

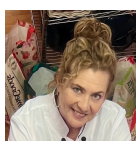
1.00	Lb	Chicken Breasts, cooked	
0.75	Cup	Carrots	julienned baby
1.00	Stalk	Celery	
0.50	Small	Onion	peeled and diced
12.00		Green Beans	fresh, trimmed into thirds
1.00		Mushrooms	Portobello
0.25	Cup	Peas	Frozen
4.00	T	Flour	
4.00	T	Butter	
1.75	Cup	Chicken Broth	
0.25	Cup	White Wine	
1.00	t	Dijon Mustard	
1.00	t	Tarragon	Dried - this is critical
0.25	t	Black Pepper	Freshly ground
0.50	t	Salt	
0.25	Cup	greek yogurt	or half and half or cream, etc
1.00	Pkg	Puff Pastry or Pie Crust	

Instructions

Defrost phyllo OR Prepare/Defrost Pie Crust

Sous Vide chicken breast (or cook via your favorite method), cool, shred and set aside.

Assemble, wine, mustard, tarragon, black pepper and set aside.



Prep veggies and set aside

In a Dutch oven or other deep pan on the stove top, make a roux - combine flour and butter and heat til bubbling to remove the raw flour taste.

Add broth, wine, mustard, tarragon, black pepper and yogurt, whisk until smooth.

Cook down a little bit until it starts getting thicker.

Mix in veggies, give carrots a little bit longer (and don't add peas yet), and bring to a simmer over med heat. Once simmering reduce heat to med low and cover with lid slightly cracked for about 5 mins or til veggies are crisp tender.

Add chicken and peas to pan and gently stir to combine.

Ladle mixture into individual baking dishes, top with pie crust and bake at 375 for 15 - 20 min or until tops are golden brown. Egg wash the crust if desired for a shiny top.

Or you can assemble pie, cover with plastic wrap and refrigerate until ready to bake.

Top with grated cheese if desired.