

Chicken Shepherd's Pies

INGREDIENTS

500g chicken thigh fillets
2 Tbsp olive oil
1 onion, thinly sliced
2 cloves garlic, crushed
1 Tbs fresh thyme leaves
1/4 cup plain flour
1 cup chicken stock
1/4 cup light thickened cream
1 cup frozen peas and corn
250g button mushrooms, quartered
1/4 cup finely grated parmesan

Mashed Potatoes

500g potatoes, peeled, chopped
25g butter
1/4 cup milk
Salt & pepper, to taste

METHOD

1. To make mashed potatoes, boil potatoes until tender. Drain. Add butter and milk. Mash until smooth. Season with salt and pepper.
2. Trim excess fat from chicken. Cut chicken into 4cm pieces and heat oil in a large saucepan. Add onion, garlic and thyme. Cook, stirring occasionally until soft. Add chicken. Cook, stirring over a medium heat until changed in colour. Add flour. Cook, stirring for 30 seconds. Slowly stir in stock. Bring to boil. Simmer, stirring occasionally, for about 5 minutes, or until mixture has thickened.
3. Stir cream, peas and corn and mushrooms into chicken mixture. Simmer for about 4 minutes, or until mushrooms are soft and chicken is tender.
4. Divide chicken mixture among four ovenproof dishes (1 1/2-cup capacity). Top with mash.
5. Sprinkle parmesan cheese over tops of pies. Place dishes onto an oven tray.
6. Cook in a moderately hot oven (190°C) for 30 minutes, or until mash is golden and crisp.
7. Serve pies hot.

