

Chicken & Leek Pie



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Diced Chicken 50/50	56 g	560 g	2.8 kg	5.6 kg	11.2 kg
MIXED VEGETABLE	20 g	200 g	1 kg	2 kg	4 kg
Onions	20 g	200 g	1 kg	2 kg	4 kg
Margarine	5 g	45 g	225 g	450 g	900 g
Plain Flour	8 g	80 g	400 g	800 g	1.6 kg
Semi Skimmed Milk	12 ml	120 ml	600 ml	1.2 L	2.4 L
Bouillon Chicken	1 g	10 g	50 g	100 g	200 g
Margarine	9 g	90 g	450 g	900 g	1.8 kg
Plain Flour	20 g	200 g	1 kg	2 kg	4 kg

Method

Mix 90g of margarine with 200g of plain flour until it resembles fine breadcrumbs.
 Add water to form a pastry, wrap in film and rest in fridge.
 Sweat the diced chicken with the diced onions, then add the sliced leeks with the 45g of margarine.
 Add the flour and cook out for 3mins.
 Add the hot milk and hot stock to make a white sauce.
 Roll out the pastry to form pie lid.
 Cook the chicken until tender then transfer to gastronome tins.
 Lay the pie lids over and brush with milk and bake at 180c until golden.
 Serve hot.

Assembled Tags



Contains Milk

SO₂

Contains Sulphur Dioxide & Sulphites > 10mg/Kg

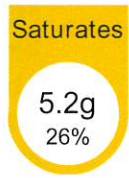
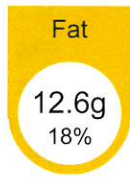


Contains Wheat

Chicken & Leek Pie

Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	269.24kcal	181.06kcal
Fat	12.63g	8.49g
Satd FA /100g fd	5.21g	3.5g
Carbohydrate	24.43g	16.43g
Protein	16.03g	10.78g
Non Milk Extrinsic Sugar	0.01g	0.01g
NSP	1.46g	0.98g
Vitamin A	103.7µg	69.74µg
Vitamin C	2.56mg	1.72mg
Zinc	0.97mg	0.65mg
Iron	1.2mg	0.81mg
Folate	29.29µg	19.7µg
Calcium	67.92mg	45.68mg
Sodium	179.43mg	120.67mg
Salt	0.45g	0.3g
Total sugars	2.54g	1.71g



Standard Size: Ptn

Allergen Assembled Tags

