

Chicken and Ham Tangle Pie

Serves 5



PROJECT FOOD

A helping hand to healthy eating

Ingredients

- 2 tsp sunflower oil
- 1 medium onion, finely chopped
- 2 garlic cloves, peeled and crushed
- 1 medium leek, trimmed and sliced
- 200ml low salt chicken stock
- 500g cooked chicken (see tips)
- 100g sliced ham
- 2 tbsp plain flour
- 300g half fat crème fraiche
- Freshly ground pepper
- 3 sheets filo pastry (approx. 38 x 30cm each)



Method

1. Pre-heat the oven to 200c/fan 180c/gas mark 6. Heat the oil in a non stick frying pan over a low heat and add the onion and crushed garlic. Fry gently for 5 mins until the onion is softened, but not coloured, stirring occasionally. Add the leek and cook for a further min, stirring constantly.
2. Pour over half of the stock and simmer on a high heat, stirring constantly until the liquid had reduced by half. Remove the pan from the heat.
3. Strip the skin from the chicken, remove any bones and tear into small pieces. Place them into a large bowl. Chop the ham into strips about 1.5cm wide and add them to the bowl. Sprinkle the flour over the top and stir well.
4. Add the onion and stock mixture, the remaining stock and the crème fraiche. Season with black pepper and stir the ingredients together until just combined. Spoon the mixture into a 1.5 litre pie dish.
5. Place the sheets of filo pastry onto a work surface, one on top of the other, and cut into 9 rectangles, cutting through all of the layers.
6. One at a time, brush each pastry rectangle lightly with a little oil and very loosely scrunch it up. Place the scrunched pastry on top of the pie filling, putting pieces close together until the surface is completely covered.
7. Bake the pie for 30-35 mins of until the pastry is crisp and golden brown and the filling is bubbling.
8. Serve with leafy green vegetables or a mixture of peas and carrots.

Top tips

This recipe is great for left overs, using up the rest of a roast chicken or turkey. Any cuts of chicken will work well. You will need to make sure you have 500g of cooked meat with all skin and bones removed, but you can use a whole chicken, thighs or breasts. If you want to you use a whole chicken you will need to buy one that weighs around 1kg to get enough meat. You can also cook fresh diced chicken in the pan with onions and garlic.

Plum Rice Pudding

Serves 4

Ingredients

100g pudding rice
400ml semi skimmed milk
200ml cold water
1/4 vanilla extract
1 tsp caster sugar
3 ripe plums, stoned and quartered
6tbsp cold water
1 tsp honey



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Method

1. Put the rice, milk, water and vanilla extract into a medium non stick saucepan and bring to a gentle simmer over a medium heat. Cook for 16-18 mins or until the rice is tender and the sauce is creamy, stirring regularly. The sauce will continue to thicken as it cools, so add a little extra water if serving cold.
2. Stir frequently towards the end of the cooking time as it begins to thicken. Sweeten with a little caster sugar.
3. To make the compote topping, put the plums, water and honey into a saucepan and bring to a gentle simmer. Cook for 5 mins, stirring gently, until the plums have softened but hold their shape. Add a little extra water if needed.
4. Spoon the rice pudding into dessert dishes and top with the compote.

Those little pots of rice pudding you can buy in supermarkets make nice sweet treats but they can be expensive and they contain lots of sugar. It's so much cheaper to make your own and its really easy.

This recipe uses plums, but it works really well with whatever soft fruit is in season and available. Try apples, pears, peaches, nectarines or strawberries.

Try adding a sprinkle of chopped nuts to the top for some extra protein.

The pudding can be served hot or cold, with or without the topping.