

Chicken & Asparagus Filo Pie

Serves 3 – 4

250g asparagus spears
250g cold roast chicken
200ml chicken stock
Small bunch parsley - chopped
2 spring onions - sliced
1 tbsp ½ fat crème fraiche
1 desert spoon cornflour
Squeeze lemon juice
Salt & pepper
4 sheets filo pastry
30g butter + 30ml oil



Break the ends off the asparagus & chop the stems into 2cm pieces, leaving the tips whole.

Break the chicken into bite size pieces.

Fry the asparagus in 1tsp butter, add the stock, bring to a simmer.

Mix the cornflour in a little water until runny, then add to the stock, stirring until thickened.

Add the chicken, spring onion and parsley to the sauce. Stir in the crème fraiche, season with salt & pepper, add lemon juice to taste.

Tip into an oven proof pie dish.

Heat the oven to 200C/400F/Gas6.

Melt the remaining butter and oil together,

Have the sheets of filo pastry stacked on top of each other. Brush the butter mixture over the top sheet, then transfer it to the pie, crinkling it to fit. Repeat with the other sheets, covering the top of the pie.

Place in the pre-heated oven for 10 to 15 min until the pastry is golden and crisp and the filling is hot and bubbling.

Hints, Tips and Variations

- ◆ *This pie is delicious made with broccoli, mushrooms or green beans, just swap the asparagus.*
- ◆ *Substitute the chicken for fish—haddock, smoked haddock, cod, salmon etc it will cook in the sauce when the pie is in the oven.*
- ◆ *For gluten free, used mashed potato instead of the filo pastry.*
- ◆ *Filo pastry usually comes in rolls of 12 sheets - use the remaining sheets of filo to make a strudel, baklava or savoury parcels.*