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Wellness Ideas for Everyday Living.

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Chicken Pot Pie

Ingredients:

Crust:

1 cup	brown rice flour
1/4 tsp	salt
1/4 cup	coconut oil
1 tbsp	apple cider vinegar
3 tbsp	ice water (more if necessary)

Filling:

1 tsp	olive oil
1 cup	red potato, diced
1 onion	chopped
1	carrot, chopped
1 clove	garlic, minced
2	chicken breasts, boneless, cubed (1 1/2 lbs)
1/2 tbsp	red curry paste
1 tsp	salt
1 1/2 cups	chicken stock
1/2 cup	coconut milk
1 cup	green peas, frozen
2 tbsp	brown rice flour

Directions:

Crust:

1. Place flour in bowl, add salt and mix. Add coconut oil and with hands lightly mix until it is crumbly.
2. Add apple cider vinegar and lightly mix. Add ice water 1 tablespoon at a time and gently mix until flour can be easily gathered.
3. Gather into a ball and let sit until filling is ready.

Filling:

1. Heat olive oil in skillet. Add potatoes, carrots, onions, garlic. Saute until onions are soft. Add cubed chicken and cook until browned.

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2. Add red curry paste, mix. Add salt, chicken stock. Bring to a boil and reduce heat. Add coconut milk, mix. Add brown rice flour, mix and cook until slightly thickened. About 20 minutes.
3. Add green peas and mix.
4. Transfer filling to a greased ovenproof dish.
5. Roll out crust between 2 pieces of parchment or waxed paper.
6. Cover filling with crust.
7. Cook at 350 degrees C for 45 to 60 minutes or until crust is brown.