

Cheesy Chicken Pies



INGREDIENTS

For the pastry:

- 500 ml (2 cups) all-purpose flour
- 1/4 tsp fine salt
- 220 g (1 cup) of cold butter, cubed
- 180 ml (12 tbsp) ice-cold water

For the filling:

- 350 g sliced grilled or roasted chicken
- 200 g grated cheddar cheese
- Salt and pepper, to taste
- 15 – 30 ml (1-2 Tbsp) Full cream milk, to baste the pastry
- 15 – 30 ml (1-2 Tbsp) Softened butter, for greasing the baking tray

METHOD

1. For the pastry, add the flour, salt and butter to the bowl of a food processor and blitz until the ingredients combine.
2. Gradually, add the cold water until a dough-like consistency forms.
3. Tip the dough onto a clean surface and mix until combined. Split the dough in half, cover with plastic wrap and refrigerate for 2 hours.
4. Once the dough is firm, roll out on a floured

surface and use a drinking glass or cookie cutter to cut out pastry rounds (24 in total).

5. Place 2 pastry rounds into a butter-greased, 12-hole muffin pan.
6. For the filling; combine the chicken, cheese and salt and pepper into a bowl. Mix well and spoon into the pastry cases.
7. Top the filling with a pastry lid, use a fork to secure the pastry edges together and brush with milk.
8. Place into a preheated 180°C oven and bake for 25 minutes, or until golden.

Nutrition Facts

Serving size: 130 g

Energy (kJ)	1810
Protein (g)	20
Total Carbohydrates (g)	20
Fat (g)	30
Fibre (g)	1
Calcium (mg)	187



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