



# CHICKEN PASTILLA PIE

with Kale and Dried Apricots



## HELLO PUFF PASTRY

The secret behind puff pastry is laminating. Fat is sandwiched between layers and folded multiple times (it even has a formula) to produce light and airy pastry. It can be time consuming to make so we have saved you the job!



Onion



Dried Apricots



Garlic Clove



Diced Chicken Thigh



Chermoula Spice



Honey



Plain Flour



Chicken Stock Powder



Kale



Puff Pastry



Sesame Seeds

'Pastilla' is a traditional Moroccan pie that combines sweet and savoury flavours! Our hearty, kale-packed version uses dried apricots and sesame seeds to transport you to warm weather and sunshine.

40 mins

2 of your 5 a day

MEAL BAG

2

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan (with Lid or Foil)**, **Fine Grater** (or **Garlic Press**), **Measuring Jug** and **Ovenproof Dish**. Now, let's get cooking!



### 1 COOK THE ONION

Preheat your oven to 220°C. Halve, peel and thinly slice the **onion**. Heat a drizzle of **oil** in a frying pan on medium high heat. Once the **oil** is hot, add the **onion** and cook until soft, 4-5 mins, stirring occasionally. While the **onion** cooks, quarter the **dried apricots** and peel and grate the **garlic** (or use a garlic press).



### 2 FRY THE CHICKEN

Transfer the cooked **onions** to a bowl and pop your pan back on medium high heat with another drizzle of **oil**. Add the **diced chicken** with a pinch of **salt** and **pepper**. Stir-fry until the **chicken** is golden brown on the outside, 5 mins, then add the cooked **onion**, **apricots**, **garlic**, **chermoula**, and **honey**. Stir everything together and fry until the **mixture** starts to get a little sticky, 2 mins.



### 3 SIMMER

Stir the **flour** into the pan and cook for 1 minute, then pour in the **water** (see ingredients for amount) and add the **stock powder**. Bring to the boil and then reduce the heat and simmer until **mixture** has thickened, 3 mins. Stir constantly.



### 4 COOK THE KALE

Stir the **kale** into the **sauce**. Cover with a lid (or foil) and simmer until the **kale** is tender and the **chicken** is cooked through, 5 mins.

**! IMPORTANT:** The chicken is cooked when no longer pink in the middle. Taste the **sauce** and add **salt** and **pepper** if you feel it needs it.



### 5 BAKE!

Transfer the **mixture** to an ovenproof dish and cover with the **pastry**, trim the edges with a sharp knife. **★ TIP:** Don't worry if the **pastry** doesn't cover the whole dish! Brush the **pastry** with a little **milk** (or **water** if you don't have milk) and then sprinkle over the **sesame seeds**. Bake on the top shelf of your oven until golden brown, 12-15 mins.



### 6 FINISH AND SERVE

While the pie cooks, get your washing up done. Once cooked, spoon the **pie** into bowls. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1	2
Dried Apricots 14)	1 bag	1½ bags	2 bags
Garlic Clove *	1	2	2
Diced Chicken Thigh *	280g	420g	560g
Chermoula Spice	1 small pot	1 large pot	1 large pot
Honey	1 sachet	1 sachet	2 sachets
Plain Flour 13)	24g	32g	48g
Water*	350ml	525ml	700ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Kale *	1 small bag	¾ large bag	1 large bag
Puff Pastry 13) *	½	¾	1
Sesame Seeds 3)	1 small bag	1 small bag	1 large bag

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 397G	PER 100G
Energy (kJ/kcal)	3335 / 797	841 / 201
Fat (g)	36	9
Sat. Fat (g)	13	3
Carbohydrate (g)	66	17
Sugars (g)	21	5
Protein (g)	50	13
Salt (g)	1.64	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

3) Sesame 13) Gluten 14) Sulphites

**🧼** Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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