

## Chicken and Mushroom Pie

Serves 4

500 chicken thigh fillets, cut into 2cm pieces

1 onion, diced

1 clove garlic, crushed

1 carrot, diced

2 cups mushrooms, sliced

2 cups silverbeet, shredded

Pinch of nutmeg

2 tablespoons thyme, chopped

1 tablespoon cornflour mixed with 1 tablespoon cold water

2/3 cup chicken stock

¼ cup greek yoghurt

1 tablespoon mustard

1 bunch asparagus, cut into 2cm pieces

1 cup peas

Quinoa Crumble:

1 cup quinoa flakes/oats

1/2 cup almond meal

1/4 cup parmesan cheese

4 tablespoons butter

2 tablespoon thyme leaves, chopped

Preheat the oven to 180°C.

Heat a fry pan to medium heat and add 1 tbsp coconut oil. Cook the chicken until just browned all over and set aside. Add the onion and garlic, cooking for 3-5minutes. Add the carrot, mushrooms, nutmeg and thyme and cook for 3 minutes. Add the cornflour mixture, the stock, the chicken and silverbeet to the pan. Allow to simmer while preparing the almond topping.

For the crumble, combine all of the dry ingredients and rub in the butter until it becomes a crumbly mixture.

Turn the heat off and stir through the yoghurt and mustard. Spoon into a pie dish and top with the quinoa crumble. Bake for 25-30minutes. Just before serving blanch the asparagus and peas and serve alongside the pie.

