

Chicken & Bacon Pie

Shopping List

- 4 chicken breast
- 4 bacon medallions
- Potatoes
- 2 eggs
- 1 onion
- 2 peppers
- 1 tbsp wholegrain mustard
- 1 tsp Italian herbs
- 240ml skimmed milk
- 240ml Chicken stock
- 4 laughing cow light cheese
- 1 tbsp cornstarch
- Salt and pepper
- Low calorie spray



What to do

Peel and cut the potatoes and boil in a pan of boiling water until tender, drain and then add salt and pepper and the eggs then mash until those lumps have gone.

Spray a frying pan with the low cal spray add the onion and peppers and fry for 5 mins then set aside. Add the chicken and bacon to the pan and fry until browned. Add back the onions and peppers along with the stock, milk, laughing cow cheese, herbs and mustard, stir until melted.

In a separate bowl add the cornstarch and a tiny bit of water into a paste and add to the pan to thicken the sauce.

Pour the chicken mix in to an ovenproof dish or 4 individual pie dishes, spoon the mash on the top of the chicken mix to form the lid of the pie. Spray with low cal spray and put in to a pre heated oven (200c/400f Gas mark 6) for 30 minutes, then put under the grill for a minute to crisp up, enjoy!