

# Chicken Pot Pie

1 ½ pounds (about 680 grams) skinless, boneless chicken, breast meat or thigh meat, cooked and cut into strips or cubes (not too thin or it can dry out - leftover cooked chicken is perfect)

1 cup frozen peas

3 tablespoons oil

1 onion, peeled and chopped fine

2 stalks celery, cut into small slices

20 mushrooms, cleaned and chopped

2 carrots, peeled and cut into small cubes

3 tablespoons oil or margarine

½ cup (41 grams) flour

1 can- 13.5 ounces (400 ml) coconut cream

½ teaspoon dried thyme

2 teaspoons dried parsley

½ - 1 teaspoon salt

pinch of ground black pepper

double crust for 9 " pie pan, purchased or homemade [Mushroom Onion 7 Brachot Quiche / The Ultimate Guide to Pie Crust](#)

1 egg

Directions:

Place the chunked cooked chicken in a bowl and rinse the frozen peas off (drain them) and add. Set aside. Place pie crust, homemade or store bought in pie pan and place in fridge. Place top crust in fridge as well.

Preheat oven to 350 F/180 C.

Using a deep frying pan with high sides, saute the onion in the oil till deep yellow, add celery, carrots and cook a few minutes then add mushrooms and cook just a minute or two. Add sauteed vegetables to the chicken and peas mixture and combine. In the same frying pan, add the (additional) oil or margarine and melt together with the flour, stirring till combined and starting to thicken and add coconut cream and spices stirring together till it starts to thicken and bubbles a bit. Immediately add the chicken/vegetable mixture and cook just till it starts to thicken and form a mass. Remove pie crust from fridge (in the pan) and pour or spoon thickened mixture into unbaked crust, topping with the second unbaked crust. Cut vents into top crust to allow steam to escape. Beat egg and brush top crust with egg. Place in hot oven and bake 30-35 minutes or till pot pie is nicely browned. Serve hot. Can be kept after cooling, in fridge for 2-3 days, covered with tin foil.