



LIFELINE RECIPES

September 2022



Love cottage pie but fancy something different? Try this alternative version packed with succulent chicken and crispy bacon lardons and topped with golden potatoes and rich Cheddar.

METHOD

Heat the oil in a large frying pan or shallow casserole. Add the chicken and lardons and cook until golden. Add the leeks and cook for 2-3 minutes, until softened. Scatter over the flour and stir until absorbed.

Gradually pour in the stock then cook for 5 mins, or until the chicken is cooked through with no pink meat showing and the sauce has thickened. Preheat the grill to its highest setting. Stir the crème fraîche or cream into the chicken mixture and season well. Carefully pour the mixture into a large baking dish.

Heat the mashed potato following the pack instructions, then stir in the parsley and cheese. Spoon it evenly over the chicken mixture, then top with a little extra cheese. Grill until the topping is golden and crisp. Serve.

TOP TIP

For a budget swap, cut bacon into pieces instead of buying pre-prepared lardons.



CHICKEN, BACON AND LEEK COTTAGE PIE

PREPERATION TIME:

10 mins

COOKING TIME:

20 mins

SERVES:

4

INGREDIENTS

1 bsp olive oil

500g chicken thigh fillets, chopped into bite-sized chunks

100g lardons

2 leeks, sliced

1 tbsp plain flour

250ml chicken stock

2 tbsp low-fat crème fraîche or double cream

1 x 800g pack fresh mash

handful fresh parsley, chopped

50g Cheddar, grated, plus extra to sprinkle on top