SHOPPING LIST

Chicken Pot Pie

- ◯ Unsalted Butter
- ◯ Yellow or Spanish Onion
- ◯ Carrots
- ◯ Celery
- ◯ Thyme
- ◯ Garlic
- ◯ Rosemary
- ◯ Sage
- ◯ All-Purpose Flour
- ◯ Low-Sodium Chicken Broth
- ◯ Potatoes
- ◯ Chicken Breast
- ◯ Peas
- ◯ Corn
- ◯ Breadcrumbs or Panko

CUT

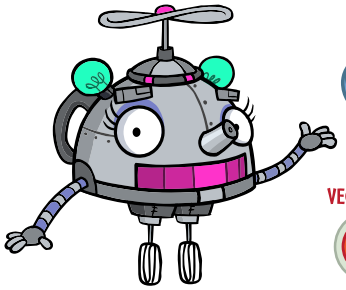
CUT

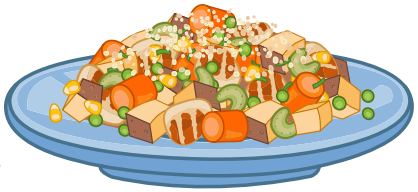
CUT

Mixiebot presents **DINNER**

Fizzy's Lunch Lab

Chicken Pot Pie





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	4
NO	About 30 min.	Hard	

YOU WILL NEED

TO MAKE THE FILLING

- **3 tablespoons** unsalted butter
- **1 ½ cups** chopped yellow or Spanish onion
- **¾ cup** chopped carrots
- **½ cup** chopped celery
- **1 tablespoon** fresh thyme leaves
- **1** garlic clove, minced
- **½ teaspoon** fresh rosemary
- **½ teaspoon** dried sage
- **3 tablespoons** all-purpose flour
- **4 cups** low-sodium chicken broth, plus more as needed
- **¾ cup** diced potatoes, skin on
- **2 cups** shredded cooked chicken breast
- **¾ cup** fresh or frozen peas
- **¾ cup** fresh or frozen corn kernels

TO MAKE THE TOPPING

- **1 ½ tablespoons** unsalted butter
- **¾ cup** fresh bread-crumbs or Panko

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: For the filling: Melt the butter in a large saucepan over medium-high heat. Add the onions, carrots, celery, thyme, garlic, rosemary and sage and cook until tender, 5 to 7 minutes. Stir in the flour until it forms a thick paste, about 1 minute.

STEP 2: Gradually whisk in the chicken broth. Add the potatoes and bring to a boil. Reduce the heat to low and simmer until the potatoes are tender, 15 to 20 minutes. If the mixture is too thick, add additional chicken broth. Remove from heat and stir in the chicken, peas, and corn.

STEP 3: For the topping: Melt the butter in a small skillet over medium heat. Add the breadcrumbs and cook until lightly browned, 2 to 3 minutes. Set aside.

STEP 4: Divide the filling between four bowls and sprinkle with the topping. Serve immediately.

Nutrition Facts

Serving Size 1 Serving (570g)
Servings Per Container

Amount Per Serving

Calories 470 Calories from Fat 150

	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 100mg	**33%**
Sodium 290mg	**12%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 5g	**20%**
Sugars 7g	
Protein 38g	

Vitamin A 100% • Vitamin C 30%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4