THE LIGHTER PLATE METHOD

Shredded Chicken Hand Pies

A clever blended batter that bakes around a shredded chicken filling — no pastry needed.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
25 min	**20 min**	**45 min**	**14**	**EASY**

Ingredients

- 600 g chicken breast
- 1 egg
- 120 ml water
- 1 small leek (chopped)
- 1 tbsp mixed dried herbs
- 1 tsp sea salt
- 2 cups carrot (finely grated)
- 1 tbsp sesame seeds

Method

1. Poach the chicken in enough water to cover for about 12 minutes, until cooked through. Drain and shred once cool enough to handle.
2. Blend the egg, water, leek, herbs and salt together for 30 seconds.
3. With the blender running, gradually add half the shredded chicken until smooth.
4. Stir in the remaining shredded chicken and the grated carrot by hand.
5. Divide between 14 greased muffin or pie moulds and scatter with sesame seeds.
6. Bake at 200°C (fan 180°C) for 20 minutes, until set and golden.

Tips & swaps

- Good hot or cold, and a genuinely useful protein-rich snack to keep in the fridge.

Storage & reheating

Keeps in the fridge for up to 5 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**12g**	**2g**	**3g**	**1g**

Estimated values, for guidance only. Contains: Egg, Sesame.