

# Pan Seared Chicken Pie

## Ingredients

- 1 lb of chicken breasts
- 1 cup of sliced portobello mushrooms
- 1 cup of chopped rainbow carrots
- 4 tbsp of Olive oil
- Sea salt
- Black Pepper
- ½ cup of white wine
- 1 tsp of flour
- 1 lemon
- 2 garlic cloves crushed
- 1 garlic clove, diced
- 2 tbsp of butter
- Puff pastry
- 1 egg

## Instructions

1. In a bowl marinate the chicken with lemon juice, crushed garlic cloves, salt and pepper. Reserve.
2. In a pan, heat up the olive oil and saute the rainbow carrots with some of the diced garlic and salt.
3. In the same pan, sauté the mushrooms with the rest of the garlic, salt and pepper. Don't saute more than 3 minutes in high heat.
4. Reserve the mushrooms and in the same pan, heat the olive oil and when it's really hot, place chicken breast and don't touch them for about 3 minutes. Flip them aside and cook for 3 minutes more.
5. Place the pan in the oven at 400°F for 3 minutes more to cook thru on the inside. reserve the chicken breasts and return the pan to the fire.
6. Pour the white wine and scrape the bottom of the pan with a wooden spoon. let the wine evaporate until you can't smell the alcohol, add the cold butter and as soon as it melts add the flour and mix well. Reserve.
7. Cut the dough, fill it with the sliced chicken, mushrooms and green beans. Top with some gravy and close.
8. Bake at 400° F for about 15 minutes.