

ARCHIVED RECIPES

CHICKEN AND VEGETABLE POT PIE

Ingredients:

- 4 slice Gardenia High Fibre White Bread
- 2 pieces of skinless chicken breast, cut into cubes
- 1 small green pepper, cut into cube
- 1 small red pepper, cut into cubes
- 1 small yellow pepper, cut into cubes
- 2 stalks celery, cut into cubes
- 1 small potato, cut into cubes
- 2 cloves of garlic, minced
- 2 tbsp oyster sauce
- ½ tbsp sugar
- 1 tbsp corn oil
- 1 tsp cornstarch
- 1 egg white, beaten



Salad

- 2 red apples, cut into cubes
- 4 tbsp raisins
- 8 leaves of butterhead lettuce, tear to bite-size pieces
- 4 slices of Gardenia Fine Grain Wholemeal Bread, cut into cubes
- 1 tsp olive oil
- 8 tbsp plain low fat yogurt
- 4 tsp honey

Cooking Method:

1. Preheat oven to 250°C. Mix chicken with cornstarch.
2. Heat corn oil in a non-stick pan and sauté garlic until tender and fragrant.
3. Add potato and stir-fry for 5 minutes. Add in celery, peppers and chicken and stir-fry. Season with oyster sauce and sugar. Remove from fire.
4. Put ¼ of chicken and vegetable mixture in a baking casserole. Top with a slice of Gardenia High Fibre White Bread. Brush top with egg white. Repeat until all ingredients are used.
5. Bake chicken and vegetable pot pie for 15 minutes or until bread is golden brown. Serve with salad.

Salad

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1. Preheat oven to 250°C. Brush Gardenia Fine Grain Wholemeal Bread with olive oil. Toast bread cubes until golden brown.
2. Mix yogurt with honey to make dressing.
3. Mix lettuce, apple, raisins and bread croutons with yogurt dressing.