

# Thai Green Curry Chicken Pot Pie

Prep 20M | Cook 45M | Enjoy in 1H 10M

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Keep your eyes on the prize with this curry chicken pot pie filled with spinach and zucchini. Zucchini is good source of vitamin A—important for eye health, protein synthesis and normal growth and development. Add in the creamy coconut milk, fresh lime juice and wholesome crust and we've got a winning recipe!

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## INGREDIENTS

- ¼ cup Thai green curry paste
- 1 cup baby spinach
- 1 cup unsweetened coconut milk
- 2 tsp canola oil
- 1 ½ lb boneless skinless chicken breasts, cut into ½ inch cubes
- 2 cups diced zucchini
- ½ cup diced onion
- 2 cloves minced garlic
- 2 tsp flour
- ¼ tsp salt
- 1 tbsp fresh lime juice
- ¼ cup thinly sliced fresh basil
- 6 sheets frozen phyllo dough, thawed
- 4 tbsp melted butter, for brushing

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## DIRECTIONS

1. Preheat oven to 375°F.
  2. Combine curry paste, spinach and coconut milk in a blender or food processor. Purée until smooth. Set aside.
  3. Heat oil in a large frypan with high sides over medium heat. Add chicken and cook, stirring, until browned on all sides, about 4-5 minutes.
  4. Add zucchini, onion and garlic. Cook, stirring, until vegetables are almost tender, about 3-4 minutes.
  5. Add flour and stir until evenly coated. Slowly add curry paste mixture and salt, stirring to combine. Bring to a boil, then reduce heat to medium-low and simmer until sauce is thickened slightly, about 10 minutes.
  6. Stir in lime juice and fresh basil and remove from heat. Transfer filling to a lightly greased 9 x 13-inch baking dish. Set aside.
  7. Brush 1 sheet of phyllo with a thin layer of melted butter. Place phyllo over filling in baking dish, crumpling slightly. Repeat with remaining sheets of phyllo, making sure to leave space between each sheet of phyllo to allow to vent during cooking.
  8. Bake until filling is bubbly and phyllo is golden brown, about 25 minutes.
  9. Allow to rest for 5 minutes before serving.
  10. Serve and enjoy!
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## NUTRITIONAL FACTS

Serves 6 (1½ cups per serving)

Nutritional analysis per serving: 398 calories, 16 g fat, 39 g protein, 24 g carbohydrate (22 g available carbohydrate), 2 g fibre, 548 mg sodium