



- Heat oven to 425 degrees.
- Rinse and pat dry **6 chicken thighs**. Place them in a cast iron pan or roasting pan. Drizzle with **olive oil** and season generously with **salt and pepper** – on both sides.
- Scatter **6 smashed garlic cloves, 6 thyme sprigs and 1 large lemon, sliced** around the pan. Place in oven and roast chicken for about 35 minutes.
- Thaw **½ cup of peas**.
- While the chicken is roasting, bring **4 cups of chicken stock** to a boil.
- Add **1 large carrot**, cut into sticks and cook for a couple of minutes. Remove carrots from pot and place in a bowl of ice water.
- Add **10 quartered asparagus spears** (get rid of tough ends) and cook for 1 minute. Remove from stock and place in bowl with carrots.
- Add **10 quartered green beans**. Cook for 2 minutes and remove. Place in the ice water with the other vegetables. Set chicken stock aside.
- Remove chicken from oven when it is cooked. Reduce heat to 375 degrees. Cool down a bit and discard lemon slices, garlic and thyme. Get rid of the chicken skins and shred the meat as soon as it cools enough to handle.
- Thaw a **puff pastry sheet** at room temperature.
- Discard all but **3 TBS of the chicken rendered fat** in the pan. Heat the pan and add **2 TBS flour**. Mix flour and fat well, making sure to scrape the brown bits from the bottom of the pan. Cook, stirring, for 2 to 3 minutes and whisk in the remaining chicken stock. Whisk vigorously until all lumps disappear.
Bring gravy to a simmer and cook for 20 minutes until sauce is thick and reduced by 1/3.
- Drain cooked vegetables and place in a bowl with the chicken. Add the peas. Gently fold in the gravy. Season with **pepper** and add **2 TBS chopped parsley**.

- Place chicken and veggies in a pie or tart pan. Cover with rolled out puff pastry. Don't cover it too tightly as the dough will shrink. Make small slits on top.
- Beat **an egg with a splash of water** and brush top of pie.
- Bake pie for 30 minutes. Remove from oven and serve. Enjoy!

©TheFrugalChef™2010
www.TheFrugalChef.com