- Prep Time: 15 Minutes
- Cook Time: 25 Minutes
- Total Time: 40 Minutes
- Yield: 12 Mini Pies
- Intensity Level: Easy (Beginner Friendly)

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Ingredients

For the Filling:

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1/2 cup yellow onion, finely diced
- 1/2 cup celery, finely diced
- 1/2 cup carrots, finely diced
- 1 teaspoon garlic, minced
- 1/3 cup all-purpose flour
- 1 ½ cups low-sodium chicken broth
- 3/4 cup whole milk (or half-and-half for extra richness)
- 2 cups cooked chicken breast, shredded or diced
- 1/2 cup frozen peas

- 1/2 teaspoon salt (adjust to taste)
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 1/4 teaspoon poultry seasoning (optional)

For the Crust:

- 2 sheets frozen puff pastry, thawed
- 1 large egg, beaten (for egg wash)
- Flour (for dusting)

Step-by-Step Instructions

Phase 1: Preparation (Intensity: Low)

Time: 5 Minutes

1. Preheat & Prep: Preheat your oven to 375°F (190°C). Grease a standard 12-cup muffin

tin generously with non-stick spray or butter.

2. Thaw Pastry: Ensure your puff pastry is thawed but still cold. Lightly flour your counter and roll each sheet out slightly to smooth the seams. Cut each sheet into 6 equal squares (you should have 12 squares total).

Phase 2: The Filling (Intensity: Medium)

Time: 10 Minutes

1. Sauté Vegetables: In a large skillet over medium heat, add the olive oil and butter. Once the butter melts, add the diced onion, celery, and carrots. Sauté for 4–5 minutes until the onions are translucent and the vegetables are slightly softened.

2. Add Garlic: Stir in the minced garlic and cook for 30 seconds until fragrant.

3. Create the Roux: Sprinkle the flour over the vegetables. Stir constantly for 1 minute to cook out the raw flour taste. The mixture will look dry and crumbly.

4. Thicken: Slowly whisk in the chicken broth and milk. Continue to whisk constantly until the mixture comes to a simmer and thickens significantly (about 2–3 minutes). It should look like a thick gravy.

5. Finish the Filling: Turn off the heat. Stir in the cooked chicken, frozen peas, salt, pepper, thyme, and poultry seasoning. Taste the filling and adjust seasoning as needed. *Note: The filling should be thick, not runny, so it doesn't make the pastry soggy.*

Phase 3: Assembly (Intensity: Low)

Time: 5 Minutes

1. Line the Tin: Gently press one square of puff pastry into the bottom of each muffin cup. Allow the corners to overhang the edges slightly.

2. Fill: Spoon the chicken mixture into the pastry-lined cups, filling them about ¾ of the way full. Do not overfill, or the pies will burst.

3. Top: Brush the edges of the bottom pastry with the beaten egg. Place a second square of puff pastry over the top (or cut smaller circles if you prefer a clean edge). Pinch the edges together with a fork to seal. Cut a tiny slit in the top of each pie to let steam escape.

4. Brush: Brush the tops with the remaining egg wash for a beautiful golden shine.

Phase 4: Baking (Intensity: Low)

Time: 20–25 Minutes

1. Bake: Place the muffin tin on the center rack of the preheated oven. Bake for 20–25 minutes, or until the pastry is puffed up, golden brown, and crispy.

2. Cool: Remove from the oven and let them rest in the tin for 5 minutes. This is crucial; if you try to remove them immediately, they will fall apart.

Serving Suggestions

These mini pot pies are a complete meal on their own, but they pair beautifully with:

- A crisp, light side salad (like a Caesar or simple vinaigrette).
- Steamed green beans or roasted asparagus.
- A dollop of cranberry sauce on the side for a festive touch.

Storage and Reheating

- Refrigerator: Store leftovers in an airtight container for up to 3 days.
- Freezer: These freeze beautifully! Bake them first, let them cool completely, and then freeze on a baking sheet. Once frozen, transfer to a zip-top bag. They will keep for up to 3 months.
- Reheating: For the best texture, reheat in an oven or air fryer at 350°F (175°C) for 10 minutes. Avoid the microwave, as it will make the pastry soggy.

Nutritional Information

Disclaimer: The following nutritional information is an estimate based on standard ingredients and is provided for convenience. It is calculated per serving (1 mini pie).

- Calories: 285 kcal
- Total Fat: 18g
- Saturated Fat: 6g
- Cholesterol: 45mg
- Sodium: 320mg
- Total Carbohydrates: 20g
- Dietary Fiber: 1g
- Total Sugars: 2g
- Protein: 11g