

Easy Vegan Chicken Pot Pie Casserole with Puff Pastry

Vegan Chicken Pot Pie Casserole

OVEN
400°F

TIME
7 min

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INGREDIENTS

- 3 cups soy curls or Quorn Meatless Chiqin Pieces
- 2 tablespoons olive oil
- 3/4 cup onion, diced
- 1 cup carrots, sliced into 1/4-inch rounds
- 1/2 cup celery, diced
- 1 cup red potatoes, peeled and cubed
- 5 tablespoons all-purpose flour (or gluten-free blend)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 3/4 teaspoon dried thyme
- 2 cloves garlic, minced
- 1 cup vegetable broth
- 1 cup non-dairy milk
- 1 cup frozen green peas
- 1 sheet vegan puff pastry

DIRECTIONS

- 1. Preheat the Oven:** Preheat to 400°F (200°C) and lightly grease a casserole dish.
- 2. Brown the Plant-Based Protein:** Heat olive oil in a large skillet over medium heat. Add soy curls or meatless chicken pieces and cook until lightly browned.
- 3. Cook the Vegetables:** Add onion, carrots, celery, and potatoes. Cook 5-7 minutes until vegetables begin to soften. Stir in garlic and cook for 30 seconds.
- 4. Make the Roux:** Sprinkle flour over the mixture and stir well to coat. Cook for 1 minute to eliminate the raw flour taste.
- 5. Create the Creamy Sauce:** Gradually pour in vegetable broth and non-dairy milk, stirring constantly until thickened.
- 6. Season and Finish Filling:** Add salt, pepper, and thyme. Stir in peas and simmer for 2-3 minutes.
- 7. Assemble:** Transfer filling to the prepared casserole dish. Lay puff pastry over the top, trimming excess and sealing edges.
- 8. For a decorative finish,** score the pastry lightly with a knife and cut small vents.
- 9. Bake:** Bake 25-30 minutes, until pastry is golden brown and crisp.
- 10. Rest Before Serving:** Allow to rest for 5 minutes so the filling sets slightly before scooping.

SWAPS & NOTES

Soy curls offer a chewy, chicken-like texture, but any plant-based chicken substitute works.

Use unsweetened almond, oat, or soy milk for best results.

For extra richness, stir in 1-2 tablespoons of vegan butter at the end.

Gluten-free flour blends work well for thickening the sauce.

TIPS FOR SUCCESS

If the sauce becomes too thick, add a splash of broth before baking.

Keep puff pastry cold until ready to use for maximum flakiness.

For extra golden color, brush pastry lightly with non-dairy milk before baking.

Don't skip venting the pastry - it prevents soggy.

