

5-INGREDIENT MIELIETERT

Serves 6

Hands-on time: 5 minutes

Hands-off time: 45 minutes

INGREDIENTS

1 tin (410g) Rhodes Quality Cream Style Sweetcorn

$\frac{1}{4}$ cup (56g) melted butter

2 large eggs

$\frac{2}{3}$ cup self-raising flour

$1\frac{1}{4}$ cup grated cheddar cheese

Serving suggestion:

Chopped fresh parsley

Chicken sosaties

Salad

METHOD

1. Preheat the oven to 180°C and grease a medium-sized square baking dish with non-stick spray.
2. Add the Rhodes Quality Cream Style Sweetcorn, butter, and eggs into the dish and whisk well until combined.
3. Sieve in the self-raising flour, add $\frac{1}{2}$ cup of the grated cheese and fold through until combined.
4. Smooth the top of the mixture using a spatula or wooden spoon.
5. Sprinkle over the remaining $\frac{3}{4}$ cup of cheese.
6. Bake for 45-50 minutes or until a skewer inserted in the centre comes out clean.
7. Remove from oven and allow to cool for 5 minutes before garnishing with freshly chopped parsley.
8. Serve with chicken sosaties and a dressed salad and ENJOY!