



Product Spotlight: Polenta

Polenta is made from ground corn and is quite versatile. You can use it in sweet and savoury dishes, and it is gluten-free!



Polenta-Baked Eggs with Charred Corn and Feta

Creamy polenta with smokey sautéed vegetables, baked with free-range eggs and served with charred corn kernels and crumbled feta cheese.



30 minutes



4 servings



Vegetarian

2 June 2023

Sauce it up!

Serve the polenta-baked eggs with some sauce! We love salsa verde, chimichurri, pesto or hot sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	21g	65g

FROM YOUR BOX

STOCK PASTE	1 jar
POLENTA	250g
SPRING ONIONS	1 bunch
CHERRY TOMATOES	200g
RED CAPSICUM	1
BABY SPINACH	120g
FETA CHEESE	1 packet
FREE-RANGE EGGS	6-pack
CORN COBS	2

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, smoked paprika

KEY UTENSILS

2 frypans, saucepan

NOTES

If you do not have an ovenproof frypan, you will need to transfer the vegetables and polenta to an oven dish at step 3.



1. COOK THE POLENTA

Set oven to 220°C.

Add stock paste and **1.5L water** to a saucepan and bring to a boil. Gradually pour in polenta, whisking continuously until thickened but still loose. Remove from heat.



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice spring onions (reserve green tops for garnish). Add to pan as you go along with **2 tsp paprika** and **2 tsp oregano**. Halve cherry tomatoes and dice capsicum. Add to pan and sauté for 5 minutes.



3. STIR THROUGH POLENTA

Remove frypan from heat (see notes). Add baby spinach and stir to wilt. Mix through polenta to combine. Season with **salt and pepper** to taste.



4. ADD THE EGGS AND BAKE

Crumble in 1/2 block feta (reserve remaining for step 6). Make 6 small divots. Crack eggs into divots. Move frypan to oven and bake for 6–8 minutes until eggs are cooked to your liking.



5. CHAR THE CORN

Heat a frypan over medium-high heat with **oil**. Remove corn kernels from cobs. Cook in frypan over medium-high heat with for 3–4 minutes, or until charred.



6. FINISH AND SERVE

Crumble reserved feta.

Garnish baked polenta with charred corn, crumbled feta and spring onion green tops.



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