



Product Spotlight: Polenta

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



Charred Corn Baked Eggs

with Crumbled Feta

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



35 minutes



2 servings



Vegetarian

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
	44g	34g	70g

FROM YOUR BOX

POLENTA	125g
SPRING ONIONS	1 bunch
TOMATO	1
RED CAPSICUM	1
BABY SPINACH	120g
FETA CHEESE	1 packet
FREE-RANGE EGGS	6-pack
CORN COB	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, smoked paprika, stock cube of choice

KEY UTENSILS

saucepan, large oven-proof frypan (see notes), frypan

NOTES

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

Thinly slice spring onion green tops and reserve for garnish.



1. COOK THE POLENTA

Set oven to 220°C.

Add **crumbled stock cube** and **750ml 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 oven-proof frypan over medium-high heat with **oil**. Slice spring onions (see notes). Add to pan as you go along with **1 tsp paprika** and **1 tsp oregano**. Dice tomato and 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 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.



Scan the QR code to
submit a Google review!

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

