

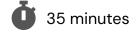




# **Charred Corn Baked Eggs**

# with Crumbled Feta

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





4 servings



# Sauce it up!

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

TOTAL FAT CARBOHYDRATES

27g

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**

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 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 oven-proof frypan over medium-high heat with oil. Slice spring onions (see notes). 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. 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.

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



