

Sweetcorn and Broccoli Slice



Preparation time: 50 mins

Serves: 8 people

User Rating: ★★★★★

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Categories: Lunchboxes & Snacks, Vegetarian, Kid Friendly



Ingredients

- 8 eggs
- 1/3 cup gluten free flour
- 1/3 cup milk
- 1 head broccoli
- 1 x 400-420 grams can of corn kernels
- 1 handful of fresh parsley or chives
- Salt and pepper to taste
- Olive oil or butter for greasing baking dish

- ½ cup grated cheddar or mozzarella cheese (optional)

Method

1. Preheat oven to 180 C and grease a square baking dish with olive oil or butter
2. Drain the corn kernels and set aside
3. Chop the broccoli into very fine florets; almost like a very chunky broccoli “rice”. Roughly chop the herbs
4. Mix together the corn, broccoli and herbs (plus the cheese if you are using it) and spread evenly into the baking dish
5. Whisk together the eggs, then whisk in the flour, milk and salt and pepper to taste
6. Pour the egg mixture evenly over the rest of the ingredients. Bake in the oven for approximately 35 minutes, or until the slice has set and the top is golden brown
7. Allow to cool slightly before slicing into pieces.

Recipe by Monique Cormack

Notes

- The slice can be kept in the fridge for around 4 days
- You don’t need to use gluten free flour if you don’t need the recipe to be gluten free. Simply use plain flour (white or wholemeal) instead
- For a dairy free slice, use a non-dairy milk and omit the cheese
- Instead of the fresh herbs, you can add some slice spring onion or some roughly chopped baby spinach

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
142g	743kj 178kcal	12.9g	8.9g	3.2g	10.3g	2g	227mg	2g

All nutrition values are per serve.