

Kiwi Organics Cookbook

corn & spinach polenta slice

ingredients

- 1 litre milk
- 50g butter
- 1¼ cups instant Kiwi Organics polenta or semolina
- 3 eggs, lightly beaten
- 2 cups grated tasty cheese
- ¼ cup parmesan
- ½ tsp freshly grated nutmeg
- 1 cup drained whole corn kernels
- 1½-2 cups cooked spinach, excess liquid squeezed out and diced
- Salt and ground black pepper

Preheat oven to 200°C. Heat milk with butter until it just comes to the boil. Add polenta or semolina and stir until the mixture boils and becomes very thick.

Remove from the heat and quickly beat in eggs, cheeses, nutmeg, corn, spinach and seasonings.

Spoon into a well-greased, shallow casserole dish (about 26cm). Bake for 25-35 minutes or until the top is golden and crispy.

To prepare: 15 minutes

To cook: 25-35 minutes

Serves 4-5

