


Sweetcorn and Broccoli Slice




Ingredients



8 eggs
1/3 cup gluten free flour
1/3 cup milk
1 head broccoli
1 can of corn kernels
1 handful fresh parsley or chives
1/2 shredded cheese (optional)
pinch of salt and pepper
Butter or oil for greasing

 Ask an adult to help!

 Careful - Sharp knife!

1



Preheat the oven and grease a square dish with butter or oil.



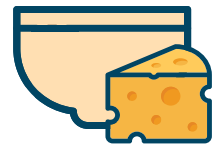
2



Drain the corn and chop up the broccoli and herbs.

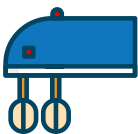


3



Mix the veg with some shredded cheese and spread into your dish.

4



Whisk together eggs, milk, flour, salt and pepper and pour over the veggies.

5



Bake in the oven for about 35 minutes or until the top is golden brown.



6



Allow to cool slightly before slicing into pieces!

