

Less than 1 hour

Serves 6-8

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 5 eggs
- 1 cup-1½ cups (250-375ml) milk
- ¾ cup (180ml) canola oil
- ½ cup (125ml) cake flour
- ½ cup (120g) Pakco Chilli Bite Mix
- ¼ cup (60ml) semolina flour or polenta
- 1 Tbsp (15ml) baking powder
- 1 tsp (5ml) ground cumin
- Salt and milled pepper
- 2 red chillies, deseeded and finely chopped
- 1 can (400g) Rhodes Quality Whole Kernel Corn, drained
- ½ packet (200g) spinach, chopped
- 1 onion, diced
- Fresh coriander and plain yoghurt, for serving

Method

1. Preheat oven to 180°C.
2. Whisk together eggs, milk and oil.
3. Add flour, Pakco Chilli Bite Mix , semolina or polenta, baking powder and cumin. Season.
4. Mix well to create a batter.
5. Stir in chillies, corn, spinach and onions.
6. Place mixture into a greased 18cm x 12cm rectangular baking dish.
7. Bake for about 40 minutes or until set (making sure to check oven after 30 minutes).
8. Cool slightly before cutting into squares.

9. Serve sprinkled with chopped coriander and yoghurt on the side.

Good idea:

Reduce the baking time by half and make these in a lined muffin pan for a delicious bite-sized snack.



Pakco – Packed with flavour

Bringing the ultimate flavour to cooking comes down to the unique blend of spices you add to your meals. Only Pakco is expertly blended and packed with flavour. Pakco knows that the ultimate flavour lies in the blend, and this equals the ultimate satisfaction and recognition. Add Pakco, for top-quality meals with the ultimate flavour.

[Browse more vegetarian recipes here](#)