

Sweetcorn, Bacon & Cheese Impossible Pie



Serves: 4 Prep Time: 25 mins

Cook Time: 45 mins

OK to Freeze?



Complexity:



Ingredients

- 2 corn cobs, husks removed or 2 cups frozen corn kernels
- 4 rashers bacon, rind removed
- 1 brown onion, peeled
- 4 large eggs
- ½ cup self-raising flour
- 1 cup milk
- 2 tablespoons parsley leaves only, finely chopped
- 1½ cups grated tasty cheese
- Salad of your choice to serve



a Men's Kitchen original image

Method

1. Preheat oven to 180°C.
2. Grease and line the base of a baking dish measuring 18cm x 18cm with a square of baking paper
3. If using fresh corn, cut the kernels from the corn using a sharp knife and discard the core. Set corn aside in a bowl.
4. Roughly chop the bacon set aside in another bowl.
5. Finely chop the onion.
6. Heat a large pan over medium high heat. Add the onion and bacon, cook, stirring for 5-6 minutes or until the onion is soft and translucent and the bacon is cooked but not brown.
7. Add the corn kernels. Cook, stirring for about three minutes. Set pan aside to cool for five minutes.
8. Place the eggs, flour, milk, parsley and cheese (reserving ¼ cup of cheese for the top) into a large bowl and whisk well to combine.
9. Add the corn mixture to the egg mixture and whisk to combine.
10. Pour the mixture into the lined pan sprinkle with the remaining ¼ cup cheese.
11. Bake for 35 to 40 minutes or until set and golden brown.
12. Serve warm or cold with a salad of your choice.

This is a great low-calorie meal in one dish.

Comments

Can be frozen when cooled.

Freeze in portions, well wrapped in plastic wrap. Remember to label with date and what it is.

Ham can replace the bacon, just add to the pan with the corn in step 6.