

MIELIEBROOD

SERVES 4 - 6

COOK TIME: 50 MIN

INGREDIENTS

mieliepap cup 1
self-raising flour cup 1
salt tsp 1
creamed/normal sweetcorn 1 can **OR**
freshly cooked mielie kernels 1 cup
red or white onion, finely chopped
medium 1/2
eggs XL 3
greek yoghurt cup 1
extra virgin olive oil tbsp 4

METHOD

Preheat the oven to 180°C

In a mixing bowl combine the mieliepap, self-raising flour, salt, sweetcorn and red onion.

In a separate bowl, beat the eggs and add the greek yoghurt to this mixture, combining well.

Add this to the mieliepap mixture, stir well and pour into a well-greased skillet or loaf tin.

Pop into the oven and bake for 35-40 minutes or until a metal skewer inserted into the centre of the loaf comes out clean.

Serve hot out of the oven with some fresh butter.



