Chicken Corn Pie

1P 1HO 1C 2 LE Serves 6-8

* 2 tbsp Olive oil
* 4 eggs
* 2 tins sweetcorn drained
* 300gram strong cheddar
* 1 diced red pepper,
* 1 diced green pepper
* 3 spring onions
* 2tsp Dijon mustard
* I large pinch salt
* I large onion finely chopped
* 150g cooked chopped carrots
* 150g uncooked peas
* ½ tsp dried thyme
* 2 cloves garlic peeled and minced
* 250ml chicken stock – made with cubes
* 1 tbsp corn flour
* 500g cooked chicken

Spice as you like

* ½ tsp cayenne pepper
1. Grease a shallow baking dish with a little oil,
2. In a medium bowl beat the eggs slightly
3. Stir in the corn cheese red pepper spring onions mustard and a pinch of salt, add cayenne now if using.
4. Heat oil in a large frying pan add onion and sauté until soft, then add the carrots, peas, green pepper, thyme salt and pepper – cook for about 5 mins, now add the garlic and cook for a further 1 min
5. Preheat the oven to 180 degrees
6. In a small bowl or just combine the stock with the cornflour – create a slick by mixing a little of the liquid in first to dissolve the flour, it will become thick and gloopy then add the rest of the liquid.
7. Add the stock mix to the veg in the frying pan bring to a simmer over a moderate heat
8. Add the chicken mixture to the greased dish then top with the corn mix
9. ***AT THIS POINT YOU MAY POP IN THE FRIDGE TO COOK LATER WHEN COOLED***
10. Bake uncovered in the oven for approx 1 hour until the top is browned and bubbling – serve with a nice crusty roll