

CHEESE AND BROCCOLI SQUARES

Recipe by: Aliya Porter – World Cancer Research Fund

 50 Minutes

 Serves 6 people

**Nutrition
per serving**

Calories
379

Fat
16g

Saturates
4.1g

Sugar
5.4g

Salt
0.87g

Fibre
8.7g

Protein
19g

Ingredients

- ♥ 250g small broccoli florets, without main stalk
- ♥ 50ml vegetable oil
- ♥ 300g wholemeal self-raising flour
- ♥ 5 large eggs
- ♥ 150ml semi skimmed milk
- ♥ 2 tsp paprika
- ♥ 100g reduced fat, extra mature cheddar cheese, grated
- ♥ 325g tin of sweetcorn, drained



Method

- 1 Grease and line a traybake tin (approximately 30 x 22cm).
- 2 Blanch the broccoli florets in boiling water for 4 minutes.
- 3 Drain and plunge into cold water to stop it cooking further.
- 4 Drain and cut into small 2-3cm pieces and set aside.
- 5 In a large bowl, mix the oil, flour, eggs, milk and paprika together.
- 6 Add the cheese, broccoli and sweetcorn and mix gently until combined.
- 7 Pour the mixture into the tin and spread to the edges gently.
- 8 Bake at 170 °C fan for 25-30 minutes until set.
- 9 Turn out onto a wire rack. Cool for 10 minutes before serving warm, or cool.