



WHITE STAR

CHICKEN, MAIZE MEAL, BUTTERNUT & SPINACH BAKE

Serves: 4-6

Preparation time: 20 minutes

Cooking time: 45 minutes

CATEGORY: Mains



Ingredients

- 400g butternut, cubed
- 15ml olive oil
- Salt & pepper
- 500ml water
- 375ml milk
- 5ml dried thyme
- 250ml White Star Super Maize Meal
- 1 roast chicken
- 200g baby spinach
- 150g cheddar, grated

Method

1. Preheat the oven to 190C.
2. Place your butternut pieces into the dish of choice for your bake, approximately 25 x 25 cm.
3. Drizzle with olive and salt and pepper. Toss and roast in the oven for 30-40 minutes, until golden and cooked through. Tossing half way.
4. Put the water and milk into a pot with the dried thyme and a pinch of salt & pepper.
5. Once it has come to the boil, slowly pour the White Star Super Maize Meal into the pot while whisking continuously. Whisk until all the clumps have dissolved. Turn down the heat to low, and allow it to cook slowly for 20 minutes.
6. Meanwhile, shred the roast chicken and add it to the tray with the roasted butternut and spinach.
7. Once the maize meal has finished cooking, stir through 100g grated cheddar, and add it to the dish. Mix everything together evenly. Top with the remaining 50g cheddar and bake in the oven for 20-25 minutes, until set and golden.