


delicious.



Chilli corn bread *x3*

 Serves
8-10

 Takes 10
minutes
to make,
40-45
minutes
to cook

 Easy

Corn bread is a classic southern American side dish. Our spiced version is quick and easy to make, and is perfect served warm.

Nutritional info per serving

For 10 servings

Calories	293kcal
Fat	10.5g [5.1g saturated]
Protein	9.8g
Carbohydrates	40.9g [3.1g sugars]
Fibre	1.8g
Salt	1.5g

INGREDIENTS

- 180g* > 60g unsalted butter, melted, plus extra for greasing
- 750g* > 250g cornmeal or fine polenta, plus extra to dust
- 750g* > 250g plain flour
- 6 tsp* > 2 tsp baking powder
- 6 tsp* > 2 tsp fine sea salt
- 3 tsp* > 1 tsp bicarbonate of soda
- 12 eggs* > 4 medium free-range eggs

METHOD

01. Preheat the oven to 220°C/fan200°C/gas 7. Grease a 1 litre loaf tin with butter, then dust with the extra cornmeal/polenta. In a medium bowl, mix the dry ingredients and make a well in the centre.
02. In another bowl, whisk the eggs with the buttermilk, milk and butter, then pour into the well in the dry ingredients and mix. Stir in the chilli, then scoop into the tin. Bake for 40-45 minutes until golden and starting to come away from the sides of the tin. Serve warm.