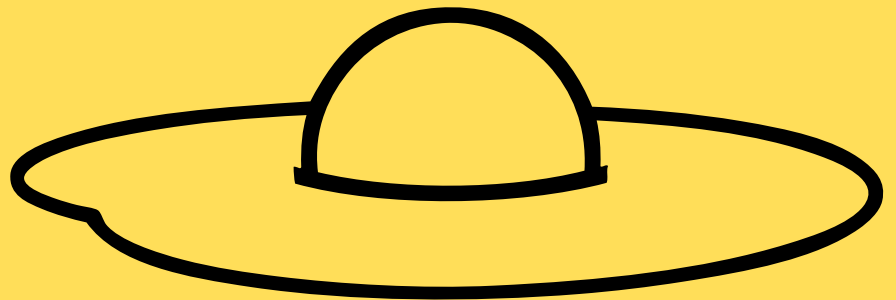


EGG BAKE

SERVE: 8 PORTIONS

INGREDIENTS

8 eggs
1 1/2 cups full cream milk
2 large potatoes, cooked and diced
1/2 cup corn kernels
1 tomato, diced
1 capsicum, diced
1 cup Cheese, grated
Salt & pepper



DIRECTIONS

1. Preheat oven to 150°C.
2. Crack eggs into a large bowl. Whisk in milk and season with salt and pepper until well combined.
3. In an appropriate size & greased baking dish, place diced potato, corn, tomato and capsicum.
4. Top with the grated cheese.
5. Pour over egg mix & bake in oven for approximately 45mins or until the egg is set in the centre.
6. Let it cool, then cut into 8 portions.

This is great for lunches, served with a handful of salad - easy done!