

CHICKEN AND CORN BAKE WITH POM POMS

HEALTHY
PICK



Serves 4



Prep Time 20 minutes



Cook Time 35 minutes



INGREDIENTS

- 500 g Tegel boneless, skinless chicken thigh fillets
- 1 red onion, peeled and sliced
- 2-3 stalks celery, sliced
- 410 g can **Wattie's Cream Style Corn**
- ½ cup sour cream or lite sour cream

METHOD

1. Preheat oven to 190°C. Cut each Tegel Chicken Thigh Fillet into 6 pieces. Heat a non-stick frying pan with a dash of oil and brown the chicken evenly. Scatter into an oven proof dish.
2. Add the red onion and celery to the pan and cook for 3–4 minutes. Stir in the **Wattie's Cream Style Corn**,, sour cream, chicken stock or water,

- $\frac{3}{4}$ cup chicken stock or water
- 2 Tbsp chopped fresh thyme or 1 tsp dried
- 500 g bag **Wattie's Potato Pom Poms**

and thyme and heat through without boiling. Pour evenly over the chicken.

3. Arrange the pom poms on top.

4. Bake for 30–35 minutes or until piping hot and golden.