

CHICKEN AND CORN SAVOURIES

HEALTHY



Makes 12



Prep Time 10 minutes



Cook Time 10-15 minutes



INGREDIENTS

- 12 slices white sandwich bread, crusts removed
- 2 x 85 g cans **Wattie's Shredded Chicken with Lite Mayo & Sweetcorn**
- 1 spring onion, sliced
- 2 eggs
- ½ cup lite milk
- 2 Tbsp chopped fresh parsley

METHOD

1. Preheat the oven to 180°C fan bake or 200°C conventional. Grease a 12 tin muffin tray.
2. Press the bread slices into the muffin tins. Divide the **Wattie's Shredded Chicken with Lite Mayo & Sweetcorn** between the bread cases. Scatter over the spring onion.

3. Beat eggs, milk and parsley together. Season. Divide the egg mixture between the bread cases.
4. Bake for 10-15 minutes, until egg is set and bread cases are golden. Serve warm or cold.

TIPS

- Replace the white bread with wholemeal
- Sprinkle a little grated cheese over the savouries before baking
- Looking for new ideas for kids lunches? These tasty Chicken and Corn Savouries will make a great change – just be prepared for them to be requested time and time again.