



## Spanish Tortilla

**This is a great recipe that can be eaten hot or cold with a salad.** It is good to take on a picnic or in a packed lunch. You can alter the ingredients according to what is in season or if you have leftovers.

Nutritional information per portion (216g):

| calories | fat          | saturates   | sugars     | salt       |
|----------|--------------|-------------|------------|------------|
| 242.6    | 19.5g<br>28% | 4.0g<br>20% | 4.5g<br>5% | 0.2g<br>3% |

of an adult's guideline daily amount



Optional



Dairy and egg

### Equipment

Colander  
Sharp knife  
Chopping board  
Mixing bowl  
Fork  
Measuring spoons  
Scissors  
Non-stick frying pan  
Wooden spoon  
Palette knife  
Large plate

### Ingredients

**Serves 4**  
4 large eggs  
2 medium potatoes (cooked)  
2 tomatoes  
1 small onion  
½ red pepper  
½ yellow pepper  
6 x 15ml spoons water  
4 x 15ml spoons olive oil  
2 x 15ml spoon fresh chopped parsley (optional)  
Ground black pepper (optional)



### Top Tips

- If you have a grill you will find it is easier to cook this. Get the grill hot and put the pan under it at the end of step 15. You will find the tortilla puffs up and goes golden on top.
- If you don't have any leftover cooked potatoes, scrub them and cook them in a microwave on high for about 10 minutes (depending on the size of your potatoes and the wattage of your microwave). Test they are cooked by inserting a knife into the potato. It should slide in easily.





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### Method

1. Wash the peppers and tomatoes.
2. Peel the onion and cut into 1cm pieces.
3. Slice the peppers into long 1cm thick strips.
4. Finely slice the tomatoes.
5. Cut the cooked potatoes into 1cm slices.
6. Now break the eggs into a mixing bowl, be careful to remove all the shell. Use a fork to beat the eggs until the yolk and the white are mixed together.
7. Add the water and the pepper to taste (if using) and mix well.
8. Finely chop the parsley with scissors and stir into the egg.
9. Turn on the hob to a high heat. Put the oil into the frying pan and heat until it starts to smoke a little.
10. Add the onion and turn down the heat to medium. Cook the onion until it begins to go soft, stirring all the time.
11. Now add in the potato slices and turn the heat up.
12. After 2 minutes turn the potatoes over so they are golden on both sides.
13. Put the sliced peppers into the pan and stir for 1 minute.
14. Pour in the egg mixture and stir all the vegetables until they are spread evenly in the egg mixture.
15. Now place the tomato slices on the top.
16. Keep the tortilla on the heat but watch that it does not burn, you will probably have to turn the heat down if you think it is getting too hot.
17. Cook for about 20 minutes or until the egg is not runny and the whole tortilla is firm.
18. Loosen the edges with a palette knife and slide out the tortilla onto a big plate.
19. Cut into slices to serve.

### Something to try next time

- For a meat version you can add small pieces of bacon with the onion or add in 100g cooked frozen peas. The Spanish use 100g of a spicy sausage called chorizo, sliced into pieces to make it even tastier.

