

## 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.



Egg\*

Nutritional information per portion (256g):

Energy 1071kJ 255kcal 13%	Fat 20g 28%	Saturates 4g 20%	Sugars 6.9g 8%	Salt 0.27g 4%
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of an adult's reference intake.  
Typical values per 100g: energy 418kJ/100kcal.

### Equipment

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

### Ingredients

**Serves 4**  
1 red pepper  
1 yellow pepper  
2 tomatoes  
1 small onion  
2 medium potatoes, cooked (see Top Tips)  
4 large eggs  
6 x 15ml spoons water  
Ground black pepper (optional)  
Small bunch (10-20g) fresh parsley  
4 x 15ml spoons olive oil

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



### Top Tip

- This recipe is ideal for using up leftover boiled potatoes. Store in the fridge for up to 2 days before using in the tortilla. Alternatively use 4-6 cooked new potatoes (depending on size).

# Spanish Tortilla

## 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. Cook the tortilla on a low heat for 15-20 minutes, gradually drawing in the edges of the omelette and allowing the runny egg to run down.
17. Preheat the grill to high. Just before the tortilla is completely set put the pan under the hot grill, keeping the handle well away from the heat. Grill for 1-2 minutes or until the top puffs up and is golden brown.
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 meaty version, you can add small pieces of bacon with the onion or, for an authentic Spanish taste, use 100g of a spicy sausage called chorizo, sliced into pieces.

## Prepare now, eat later

- Tortilla is good served hot, but equally delicious eaten cold. Chill quickly, keep in the fridge and eat within 24 hours.

### Skills used include:

Washing, peeling, chopping, beating, frying and serving.