

PAN



PREPARATION
25mins



COOKING
40mins

Sunshine Flavours

5

Spanish potato omelette

Ingredients

SERVES 4

450g/1lb waxy potatoes
salt and black pepper
1 red onion
1 clove garlic
1 red pepper
4 tablespoons olive oil
100g/4oz frozen peas
6 large eggs
50g/2oz Cheddar cheese
2 tablespoons chopped
fresh parsley

Shopping tip

The best waxy potatoes to buy are Estima, Nadine or Pink Fir Apple. Look for firm potatoes with unblemished skins.

PER SERVING: Kcals 410, kJs 1710,
Protein 19g, Carbohydrate 27g, Fat 26g,
Fibre 4g, Sodium 0.3g



1. Peel and cube the potatoes. Cook in boiling, salted water for 5 minutes, or until tender. Drain. Meanwhile, peel and chop the onion and crush the garlic. Deseed and chop the pepper.

2. Heat half the oil in a large frying pan. Fry the onion for 3 minutes. Add the garlic, red pepper and peas. Fry for 3 minutes, then transfer to a plate.

3. Heat the remaining oil in the pan. Add the potatoes and cook for 8 minutes, stirring. Beat the eggs and add the cheese. Season. Return the onion mixture to the pan with the parsley. Reduce the heat and pour eggs evenly over the mixture

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Did you know?

Nutritious spuds contain vitamins, minerals and fibre. The skins are packed with goodness and a tea made with the peelings is served in many countries!

4. Cook the omelette over low heat for 10 minutes, or until eggs are set. Loosen the edges with a palette knife and turn out the omelette onto a plate. Serve hot or cold.



Variation

For a meaty variation, add some diced ham or thin-cut chopped bacon with the parsley in step 3. For a taste of the Mediterranean, add some spicy chorizo sausage.



Serving tip

Serve the omelette hot or cold with a simple tomato and onion salad. Cold wedges are also ideal for picnics and packed lunches.

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