

Potato & paprika tortilla

Ingredients

- 3 (1½) tbsp olive oil
- 250g (125g) new potato, ends trimmed, thickly sliced
- 1 (½) small onion, halved and sliced
- 2 (1) garlic cloves, chopped
- ½ (¼) tsp smoked paprika
- ½ (¼) tsp dried oregano
- or 3 (1½) tbsp chopped parsley, plus a few extra leaves to garnish (optional)
- 6 (3) large eggs



Method

1. Heat the oil in a deep 20cm non-stick frying pan. Fry the potatoes, onion and garlic for 10 mins until tender. Stir in the paprika and fry for 1 min more.
2. Beat the dried or fresh herbs into the eggs with seasoning, then pour into the pan. Stir a couple of times as the egg starts to set on the bottom of the pan, then leave alone to cook slowly over a very low heat for 10 mins until set, except for the very top.
3. Carefully slide the tortilla onto a plate. Slide back into the pan, with the uncooked top now on the bottom, and cook for 1-2 mins more. Garnish with parsley, if using, wrap in foil and serve warm or chilled.

Notes

This thick, traditional Spanish omelette is bulked out with new potatoes and flavoured with herbs.

kcal

241

fat

17g

saturates

4g

carbs

11g

sugars

2g

fibre

2g

protein

11g

salt

0.3g

Prep: 20 mins

Cook: 25 mins

Serves: 4