

EASY SPANISH OMELETTE



Serving: 6

Cooking Time: Not Specified

Prep Time: 60 min

INGREDIENTS

- 360 potatoes, baby potatoes with skin

- 30 ml (2tbsp) sunflower oil
- 2 small onions, one white and one red
- 6 large eggs
- 45 ml (3tbsp) fresh parsley, chopped
- 10 small tomatoes halved
- ½ large red pepper, seed and chopped into small cubes
- Fresh ground black pepper, to taste

INSTRUCTIONS

1. Cut the potatoes into thin slices and steam for 10 minutes to soften the potatoes.
2. Heat 15 ml (1tbsp) of oil in a large non-stick frying pan, add the potatoes and onions and stew gently, partially covered, for 30 minutes, stirring occasionally until the potatoes are softened. Remove the potatoes and onions from the pan and set aside.
3. Beat the eggs separately, then stir the egg mixture into potatoes with parsley, tomatoes, red peppers, and plenty of ground black pepper.
4. Heat the remaining oil in the same pan and tip everything back into the pan and cook on a moderate temperature heat, using a spatula to shape the omelette into a cushion. When almost set, invert the omelette onto a plate and slide back into the pan and cook for a few more minutes. Invert twice more, cooking the omelette briefly each time and pressing the edges to keep the cushion shape. Slide on the plate and cool for 10 minutes before serving.