

Tortilla de Patatas

Serves: 6

Time to prepare: 12 min

Time to cook: 20 min

- 2 tbsp olive oil
- 3/4 cup chopped onion
- 4 cups (1 L) cooked peeled and cubed potatoes (cut in 1/2 inch/1.5 cm cubes)
- 1/2 tsp salt
- 6 eggs
- 1/4 cup finely chopped sweet red pepper
- 1 tbsp finely chopped parsley

STEP 1

Heat oil in large non-stick skillet over medium heat. Add onion; cook, stirring frequently, for about 3 minutes. Add potatoes; cook, stirring occasionally, until golden. Season with salt.

STEP 2

Whisk eggs in large bowl. Stir in onion/potato mixture, red pepper and parsley, if using. Pour egg mixture into skillet over medium heat; cook for 1 minute. Reduce heat to low; cook until eggs are set in centre and lightly browned on bottom. Slide omelette onto large flat plate. Place another plate on top; flip to invert omelette.

STEP 3 Slide omelette back into skillet; cook for 2 to 3 minutes longer.

Nutrition Facts

Per Serving

Calories 217
Fat 10 g
Saturated Fat 2.5 g
Trans Fat 0 g
Sodium 270 mg
Sugars 1 g
Protein 9 g
Fibre 2 g
Carbohydrate 23 g