



Spanish Tortilla

GOOD SOURCE OF PROTEIN QUICK AND EASY RECIPE 20 MINS

There is a reason this Spanish classic, it is not only easy and cheap to make but delicious. I usually serve this with a simple rocket and tomato salad. **SERVES 2**



Nutrition Per Serving

Energy	Fat	Saturated Fat	Sugars	Salt	Protein	Carbs	Fibre
1421 Kj	23.4 g	3.5 g	3.1 g	254 mg	13.9 g	22.7 g	3.8 g
16%	33%	14%		27%	21%		15%

Ingredients

- Sunflower or other vegetable Oil for frying
- 320 g Potatoes, peeled and sliced or cubed
- 8 large eggs
- 0.5 g Salt

Method

1. In a pan add the oil and then add the thinly sliced or cubed potatoes and cook until they start to turn golden. You may need to do this in batches.
2. Remove the potatoes with a slotted spoon into a mixing bowl.
3. Whisk the eggs in a separate bowl and then add them to the potatoes, this will start the cooking process for the eggs and helps to set the tortilla.
4. Into a clean pan add the potato and egg mixture and cook until it has set and is golden brown on the bottom.
5. Flip the tortilla using a plate on top of the pan and then slide the uncooked side back into the pan.