

Spanish Tortilla

Ingredients

- 3 T Olive Oil
- 1/2 Onion (thinly sliced)
- 1/2 Red Bell Pepper (chopped)
- 8 oz Potatoes (peeled, cut into 1/2 inch slices)
- 4 Eggs
- 1 T Parsley (finely chopped)
- 0 ds Salt
- 0 ds Ground Black Pepper

Instructions

- 1.Heat 2 tablespoons of the oil in a small frying pan 8-inches in diameter. Add the onion and fry for 5 minutes.
- 2.Add the pepper and potatoes and season with salt and pepper. Cover with a lid and gently cook over a low heat for about 15â€“20 minutes, or until the vegetables are soft and the potatoes are cooked through. Transfer to a bowl and wipe the pan clean.
- 3.In a bowl beat the eggs and season with salt and pepper. Pour the eggs into the bowl with the cooked mixture.
- 4.Add the remaining oil to the pan. Carefully pour in the egg mixture and sprinkle with parsley. Cook on a medium heat until the sides and top have just set and the base is lightly golden-brown. When the

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middle is set, carefully slide onto a plate.

5. Put the pan on top of the omelet and flip over to cook the other side for 3-4 minutes, or until golden-brown all over and just cooked through.

Slide onto a plate to serve.