



Spanish omelette

Serves: 1

Time

45 minutes



Ingredients

- 2 medium eggs
- 1 teaspoon oil
- 1 small onion, peeled and finely chopped
- 1 clove garlic, peeled and finely chopped
- 25g frozen peas
- 2 tomatoes, peeled and chopped
- ½ red or green pepper, finely chopped
- 1 medium potato, peeled and cubed

Method

1. Boil the potato for 8-10 minutes.
2. While the potato is cooking, fry the onion, pepper and garlic for 5 minutes, until the vegetables have softened but not coloured. Add the peas, drained potatoes and tomatoes.
3. Next beat the eggs together in a bowl and pour into the frying pan over the vegetables.
4. Cook for another 5 minutes, then place under a medium grill for 3-5 minutes until the egg has set and the top is golden brown.