

Spanish Omelette recipe

Ingredients for 3 people

- 1 big potato
- 1 onion
- 3 eggs
- olive oil
- salt

Method

1. Peel the potatoes. Cut them into thick slices. Chop 1 onion.
2. Heat 150ml extra-virgin olive oil in a large frying pan, add the potatoes and stew gently, partially covered, after 2 min add the chop onion and leave it for 15 minutes, with a lid on. Stir occasionally until the potatoes are softened. Important put the lid on.
3. Beat 3 eggs, and add the potatoes and onion into the bowl. Mix it all.
4. Bring everything into the pan and cook on a moderate heat, using a spatula to shape the omelette into a cushion.
5. When almost set, use a plate or lid to flip it over and cook the other side for 5 more minutes.
6. Slide on to a plate and cool for 10 minutes before serving.

Contact Details

Patricia Flecha PatriciaFlecha@ymcaspg.org (CA Team Surbiton)