

Spanish Tortilla

This classic Spanish dish is often served as part of a tapas selection. A variety of cooked vegetables can be added to this recipe.

NUTRITIONAL INFORMATION

Calories430	Sugars6g
Protein16g	Fat20g
Carbohydrate50g	Saturates4g



10 mins



35 mins

SERVES 4

I N G R E D I E N T S

2 lb 4 oz/1 kg waxy potatoes, thinly sliced

4 tbsp vegetable oil

1 onion, sliced

2 garlic cloves, crushed

1 green bell pepper, seeded and diced

2 tomatoes, seeded and chopped

2½ tbsp canned corn, drained

6 large eggs, beaten

2 tbsp chopped fresh parsley

salt and pepper



1 Parboil the potatoes in a pan of lightly salted boiling water for 5 minutes. Drain well.

2 Heat the vegetable oil in a large skillet with a heatproof handle. Add



the potatoes and onion and then sauté over low heat, stirring constantly, for 5 minutes, until the potatoes have browned.

3 Add the garlic, green bell pepper, tomatoes, and corn, and mix well.

4 Pour in the eggs and add the parsley. Season to taste with salt and pepper. Cook the tortilla for 10–12 minutes, until the underside is cooked through.

5 Remove the skillet from the heat and continue to cook the tortilla under a preheated medium broiler for 5–7 minutes, or until the tortilla is set and the top is golden brown.

6 Cut the tortilla into wedges or cubes, depending on your preference, and transfer to serving dishes. Serve with salad. In Spain tortillas are served hot, cold, or warm.

COOK'S TIP

Ensure that the handle of your pan is heatproof before placing it under the broiler and be sure to use an oven mitt when removing it because it will be very hot.