

Spanish Omelette

Ingredients - serves 2

1 tsp rapeseed/olive oil
150g potato, peeled and finely diced
1/2 onion, chopped
1/2 pepper, diced (add as much colour as you wish)
80g mushrooms, chopped
100g tinned chopped tomatoes (can use chopped up fresh tomatoes also)
Handful of fresh spinach (optional)
1 tsp paprika (optional)
4 medium eggs, beaten
salt and pepper
30g cheddar cheese, crumbled or grated

Method

- Preheat the grill to a medium–high heat.
- Melt the oil in a medium ovenproof frying pan over a medium heat.
- Pan-fry the diced potatoes for 3–4 minutes, until starting to soften. The smaller you chop the potato, the quicker it will cook.
- Add the chopped onion and let it sweat for another 2 minutes.
- Add the pepper and mushrooms and fry for 3 minutes, stirring continuously.
- Pour in the chopped tomatoes, add the spinach and the paprika, if using, and mix well.
- Pour the beaten eggs over the vegetables in the pan. Do not mix, but rather tip the pan so the eggs run evenly across the whole pan. Season with salt and pepper
- Cook for a further 3–4 minutes, until the bottom begins to set, making sure the base doesn't burn. Place the pan under the grill for about 5 minutes to cook the top. Add the cheese at this point. The omelette is done when the eggs have completely set.
- Tip the omelette out onto a plate and cut into wedges to serve.

