

SPANISH OMELETTE

SERVES 6 / PREPARE 15 MINS / COOK 25 MINS

Ingredients

50ml Refined olive oil
2 Onions
1 Medium courgette
800g Organic potatoes
7-8 Organic eggs
Salt and pepper (Optional)

Instructions

Scrub your potatoes well and slice them as thin as possible. You can use a mandoline but watch your fingers and always use the guard.

Heat the olive oil in a non-stick frying pan and once hot but not smoking add the potatoes. While the potatoes are cooking, slice the onion and courgette very thinly. Keep the heat low, you want the potato soft not crispy.

Continue to cook bashing the potato slices up a little with the side of a wooden spoon. Once the potatoes are nearly done, add the courgette and onion. Continue to cook until everything is nice and soft. Remove from the hob and transfer the cooked vegetables to a plate with a slotted spoon to remove any excess oil. Discard the oil in the pan.

Beat the eggs until frothy in a large bowl and add the potatoes, onions and courgettes. Give the egg mix a good stir and add salt and pepper if you like.

Heat ½ tbps fresh oil on a non-stick pan and when hot, pour in the egg mixture. Cook for 10-12 minutes under a low heat so the egg cooks but the bottom doesn't catch.

Once the bottom side is set, turn the omelette over using a plate over the frying pan. Return to the pan with the uncooked side facing down and cook for another 8-10 minutes. Turn over onto a clean plate and serve with some pesto mayonnaise and a tomato salad dressed with extra virgin olive oil.



Nutrifacts



Onions contain FIBRE to help intestinal transit and PREBIOTICS which feed the beneficial bacterial in your gut.

Potatoes are high in POTASSIUM needed to maintain healthy blood pressure. Potatoes baked with their skins on are high in FIBRE which helps keep a healthy gut and regulates intestinal transit.

Eggs are rich in PROTEIN to help us grow and heal. Additionally, eggs contain VITAMIN A that supports vision and healthy skin as well as RIBOFLAVIN that promotes normal growth and VITAMIN B12 that supports red blood cells.

Courgette contain high levels of VITAMIN C to support the immune system as well as FOLIC ACID and other B VITAMINS that help support energy production.