

# Spanish Tortilla

## Ingredients

- 4 medium sized eggs
- 1 medium onion
- 1 medium potato
- 1 tablespoon of vegetable oil
- Salt and pepper to season
- Tinned peas or sweetcorn (optional)

### **Further optional additions include**

- 1 courgette, pepper or other vegetable
- 50g of grated cheese

## Equipment

- Sharp knife and chopping board
- Vegetable peeler
- Box grater (if you are adding cheese)
- Measuring jug
- Table fork
- Saucepan
- Colander
- Tortilla style frying pan and heatproof stirrer
- Measuring spoons

## Method

- Peel and cube the potato
- Put the potato in the saucepan and cover with water, then bring to the boil and simmer for 10 minutes
- Peel and slice the onion
- Prepare any optional additional vegetables
- Grate the cheese (if adding as an optional extra)
- Using a table fork, whisk the eggs in a mixing jug and season with salt and pepper
- After the 10 minutes simmering, drain the potato using a colander
- Using 1 tablespoon of vegetable oil, lightly fry the onion (and any optional additional vegetables)
- Add the potato and fry until slightly golden
- Add the whisked eggs (additional eggs can be added to cover the potato mix if 4 eggs is not enough)
- Add the cheese, peas and/or sweetcorn (if adding as optional extras)
- Pre-heat the grill
- Using the spatula carefully spread the egg evenly round the pan and gently heat for a minute or two
- Place the pan under the grill to cook the top of the tortilla (be careful not to grill the pan handle)

## Note

Before cooking you should always:

- Tie back long hair
- Put on an apron
- Wash your hands
- Have all your ingredients to hand
- Get out ALL the equipment you'll require

