TORTILLA ESPANOLA

or Spanish Omelette

CRUNCH

Ingredients for 2

You'll need: chopping board, garlic crusher, knife, 18cm diameter non-stick frying pan, spatula

1 large white onion, peeled and sliced
5 tbsp olive oil
2 medium waxy potatoes, washed, cut very thinly into 2–3mm slices
2 garlic cloves (optional)
6 eggs
salt and freshly ground black pepper
handful flat-leaf parsley, chopped, plus extra to serve

Step 1

Put a small 18-20cm diameter non-stick frying pan on a low heat. Add 2 tbsp of the oil then add the onion.

Cook very gently for a few minutes until it starts to soften.

Step 2

Add 2 more tbsp of oil to the pan, then add the potatoes. Turn them around with a spatula until completely covered with the oil, then cover and cook for a further 10 minutes, depending on the thickness of the potatoes.

Stir occasionally to make sure they fry evenly.

Step 3

While the potatoes are cooking, break the eggs into a bowl. Add salt and pepper and beat gently with a fork

Step 4

When the potatoes are soft and the onion is shiny, crush 2 garlic cloves and stir in.

Transfer the potato mixture to a piece of kitchen towel to drain off some of the oil.

Spoon the potato mixture into the beaten eggs.

Step 5

Heat the remaining tbsp of oil in the pan and pour in the egg and potato mixture. Cook the tortilla gently for 10 minutes. Use the spatula to loosen the tortilla from the edges. When the base has cooked it is time to turn the tortilla over.

Step 6

To turn it over, slide it onto a plat and put another plate on top, turn the whole thing over and slide it back into the pan to finish cooking.

Step 5

Use a spatula to tuck in the edges of the tortilla and give it a curved look and cook for 2-3 minutes more. Transfer to a plate and serve the tortilla warm or cold, scattered with the chopped parsley.