

SPANISH TORTILLA






Servings: 2 people

Prep Time: 10 minutes

Cook Time: 10 minutes

Equipment needed: mixing bowl, knife and chopping board, saucepan, frying pan, wooden spoon.

INGREDIENTS

- 1 onion chopped 
- 1 pepper (any colour) cored 
- and chopped
- 2 potatoes
- boiled and chopped 



- 4 eggs
- 20 ml virgin olive oil
- salt and pepper to taste








INSTRUCTIONS

1. Boil the potatoes until soft. When cooled enough to handle chop into bite size chunks.
2. Chop peppers and onion and set aside. Crack eggs into a large bowl and season with salt and pepper.
3. Place the pan over a medium high heat - add the chopped onion and cook until soft.
4. Add chopped peppers, chopped potatoes and fried onions into the egg mixture.
5. In a heated frying pan with oil, pour in the egg and vegetable mix, spreading it evenly in pan. Cook for 5 mins or until the egg mixture comes away from side of pan.
6. Place pan under a preheated moderate grill to cook the top half of the tortilla. (approx 3 mins).

Week 3

Weights and Conversions

Metric	Imperial	Equivalent
1 tsp	5 ml	<u>tea spoon</u> 
1 tbsp	15 ml	<u>table spoon</u> 
100 g	3½ oz	about ½ cup flour 
225 g	8 oz	about 2 cups flour 
1 L	1¾ pints	about 4 cups 1000ml 
1 cup	240 ml	