

Patatas Bravas

Season: Winter/Spring

Serves: 30 tastes in the
classroom or 6 at home

Fresh from the garden: garlic, parsley, potato, red onion, thyme

Equipment:

metric measuring jug and spoons
clean tea towel
chopping board
cook's knife
large frying pan
wooden spoon
slotted spoon or spatula
kitchen paper
serving platters
small frying pan

Ingredients:

3 tbsp extra-virgin olive oil
6 medium potatoes, peeled and chopped into
bite-sized pieces
1 red onion, peeled and finely chopped
3 garlic cloves, peeled and finely chopped
1/4 tsp cayenne pepper
1 sprig of thyme
1 tsp sweet paprika
1 x 400 g tin diced tomatoes or 600 ml
home-made passata
1/2 tsp salt
1 small handful of parsley, finely chopped
4 bay leaves

What to do:

1. Prepare the ingredients based on the instructions in the ingredients list.
2. Pour 2 tbsp olive oil into the large frying pan and heat it on medium-high.
3. Add the potatoes and cook until they are golden brown (about 10 minutes). Use a slotted spoon or spatula to remove them, and set them aside on kitchen paper to drain.
4. Heat 1 tbsp of olive oil in the small frying pan.
5. Add onion and cook for 2 minutes, then add garlic, cayenne pepper, thyme and paprika, and cook for a further 30 seconds.
6. Pour the tomatoes into the pan and sauté for 5 minutes.
7. Turn heat down.
8. Taste the sauce and season to taste.
9. Divide the potatoes between serving platters.
10. Pour the sauce over the potatoes and sprinkle with parsley.

use brown onion
instead of red
* double the
recipe