

BROAD BEAN TORTILLA

MAKE **DOUBLE**

150ml extra virgin olive oil, plus extra for drizzling
1/2 onion, very finely sliced
2 garlic cloves, finely chopped
10 baby broad beans in their pods, sliced
5 free-range eggs
sea salt and freshly ground black pepper

FOR THE BEAN

Pour 3 Tbls of the olive oil into a large frying pan over a low–medium heat and cook the onion for 10 minutes until lovely and soft. Increase the heat to high and add the garlic and broad beans. Cook for five minutes until tender and golden. Remove from the heat and set aside.

1. In a bowl, beat the eggs, then add the still-warm broad bean mixture and plenty of seasoning: 1TSP salt, ½ tsp pepper ground. Pour the remaining olive oil into an 18cm deep non-stick frying pan over a high heat.

<you can use two smaller frying pans which will make the final step easier>

2. When the oil is hot, add the egg mixture. Swirl the pan until the mixture starts to set around the edges, then reduce the heat to low and cook for four to five minutes, until the tortilla just starts to set, so the bottom and sides are golden, but the middle is still quite loose.
3. Cover the pan with a lid. Don't worry that it is still quite runny: it will all come back together as you cook it over a low heat, use a spatula to tuck the edges under to give it the curved look. Cook for a couple of minutes, then turn on to a board and serve with a drizzle of extra virgin olive oil.