

Spanish Omelette

Ingredients

700g potatoes, washed and sliced thinly (take your time doing this)

4 Tbls Olive oil

1 green capsicum, deseeded and sliced

8-10 eggs (if small use 10)

Optional; spring onion, onion, salt and paprika (use these for added flavour, if available)

Method

(preheat oven to 200oC)

- Wash and slice the potato as thin as possible, most importantly have all the slices as uniform as possible.
- Beat the eggs in a large bowl, add a little seasoning
- Chop green capsicum (plus herbs or onions if using) and fry off in a little of the oil.
- Fry the potato in a large frying pan with the olive oil, over medium heat. Stir gently for a few minutes until the potato starts to look cooked, maybe a little softened.
- Add the egg into the pan carefully and turn the heat down a little. Move gently until the potato is evenly coated in the egg.
- Let this mix cook for 5 mins on low heat, leave it still while you clean your work space.
- WHEN THE OMELETTE STARTS TO SET; Ask your volunteer to help gently lift off the omelette onto a tray and PLACE IN A HOT OVEN. This is very tricky! Don't worry if the omelette breaks. Just put it back into the OVEN and continue cooking it.
- After 8-10 minutes the omelette should be looking pretty set. If it is wobbly keep it in the oven for a few more minutes.
- Let cool and cut to serve.