Spanish tortilla with

rainbow chard & sorrel

Ingredients

* 3 tbsp olive oil
* 1 small red onion, sliced
* 2-3 small potatoes, halved and sliced thinly
* 7 free range eggs
* 12f mint leaves, chopped
* 8 red vein sorrel leaves
* 3 rainbow chard, stems chopped and leaves sliced
* 2 Tbls plain flour
* ¼ tsp pepper
* ½ tsp salt

Equipment

Small pot

Deep tray

Frying pan

Wooden spoon

Chopping boards &non-slip mats

Baking paper

Method

1. Pre-heat the oven to 180oC
2. Bring a small pot of water to the boil with potato slices, cook for 10 minutes.
3. Slice the onion and cook with 1 TBsp of oil in the frying pan
4. Break the eggs into a medium sized bowl and whisk. Add salt, pepper and flour and whisk until lump free.
5. Slice the rainbow chard, red vein sorrel and mint leaves. Add the stems to the frying pan and cook with the red onion and cook for 3 mins. Then add the rainbow chard leaves. Cook for a further 2 mins, stirring with the wooden spoon
6. Drain the potatoes, cool on the side until they are called for.
7. Find a tray with deep sides and brush with 1TBsp oil and line with some baking paper.
8. Tip the cooked ingredients into the tray and scatter over evenly. Spread the potato slices out evenly. Pour the egg mixture into the tray and bake for 15 mins or until only just wobbly in the middle (not too wobbly, it should look firm) and a little golden.
9. Let cool and then slide onto a chopping board and cut into 30 pieces.