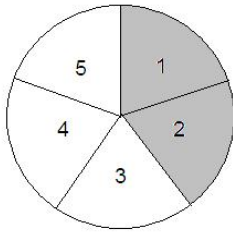


Spanish Omelette

Serves 4

Portions of fruit & vegetables per serving: 2



Hob needed



Grill needed



Allergen information:

Allergens are in bold.

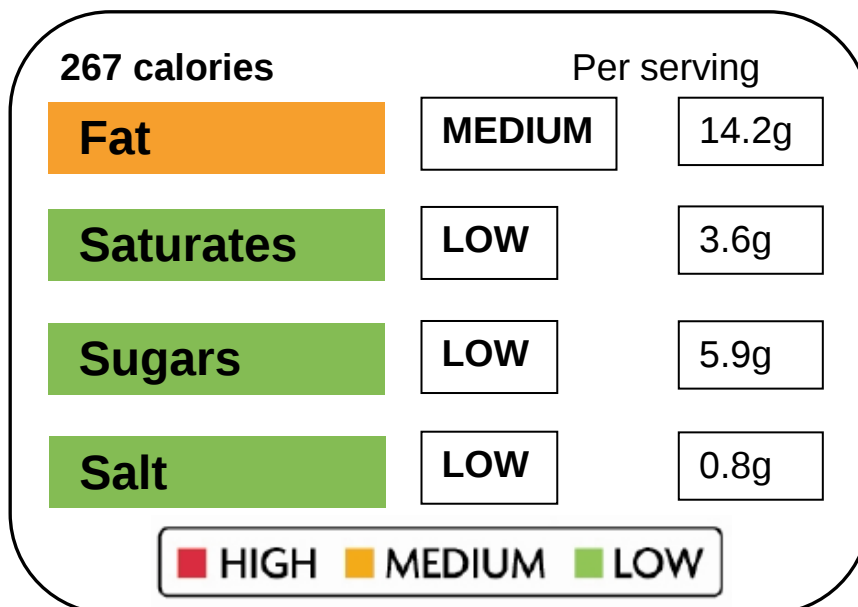
Contains eggs

Ingredients	Amount	Preparation
vegetable oil	1 tablespoon	
potatoes	2 medium	washed and scrubbed (not peeled) cut into small cubes
onion	1 small	chopped
garlic	1 clove	crushed
sweet peppers	250g (9oz)	sliced
frozen peas	250g (9oz)	
eggs	6	break & beat well
dried mixed herbs	1 teaspoon	
black pepper	to taste	
tomato	1 medium	sliced
bacon or bacon bits (optional)	50g (2oz)	remove rind

Please Turn Over

Method

- 1 Heat the oil in a large frying pan and gently cook the potatoes until light brown then transfer onto a plate.
- 2 Meanwhile, grill the bacon (if using) until cooked on each side, draining the fat off it, chop into small pieces and then keep to one side with the potatoes.
- 3 Place the chopped onions and garlic in the frying pan and fry until soft.
- 4 Add in the sweet peppers and peas and fry for 2 minutes then add the potatoes and bacon (if using) from the plate.
- 5 Add the herbs and black pepper to the beaten egg mixture.
- 6 Keeping the frying pan on a low heat, place the tomato on top of the vegetables and space as you would on a pizza. Then pour the egg mixture evenly over the vegetables and bacon (if using).
- 7 Cook until firm then place under a warm grill for 1-2 minutes until the top of the omelette is golden brown.
- 8 Slice the omelette and serve.



Handy Hints

- Can be served with salad or vegetables and bread.
- Eggs are a good source of protein, but always make sure they are fully cooked through.