Less than 45 minutes

Serves 4

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Ingredients:

Red pepper salad:

- 2 red peppers
- 2 punnets (250g each) mixed medley or cherry tomatoes
- ¹/₄ cup (60ml) olive oil
- ¼ cup (60ml) white balsamic vinegar
- Pinch brown sugar
- Fresh parsley

Spanish omelette:

- 3 cups (750ml) sunflower or canola oil + extra for frying
- 8 (800g-900g) large potatoes, peeled and sliced 1mm thick
- 10 eggs, whisked
- Salt and milled pepper
- Basil leaves and toasted baguette, for serving

Method

The red pepper salad is optional. For a quick fix, serve potato omelette with an easy rocket and tomato salad.

- 1. Grill red peppers over an open flame or in the oven until blackened.
- 2. Place in a zip-seal bag and set aside for about 10 minutes to 'sweat'.
- 3. Remove skins and seeds, then chop and toss with remaining salad ingredients.
- 4. Marinate for a few minutes.
- 5. Half-fill a large pan with sunflower oil and heat up.

- 6. Place potato slices in hot oil at once, allowing them to cook until soft without frying them.
- 7. Drain oil and cool potatoes.
- 8. Add eggs to potatoes and season.
- 9. Heat a drizzle of oil in a large non-stick pan (about 5cm deep).
- 10. Pour egg mixture into pan and fry for about 10-12 minutes or until half cooked (the top will still be a bit wobbly).
- 11. Slide omelette onto a plate, cooked-side down.
- 12. Place pan over plate and flip omelette back into pan, raw-side down.
- 13. Cook for a further 6-10 minutes or until golden.
- 14. Serve slices of omelette with salad and crusty bread.