

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
- ¼ 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.