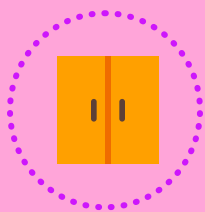


# Spanish Omelette

A healthy lunch or light tea idea that is perfect for a sunny summers day!



## Ingredients:



- 4tbsp Olive oil
- 6 eggs



- Salt
- Pepper



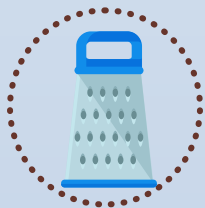
- 2 Medium potatoes - white and sweet variety
- 1 onion

## Instructions:



### Step 1:

Peel the potatoes then grate them into a bowl.  
Dice the onion into small pieces.  
Beat the eggs in a mixing bowl with a pinch of salt.



### Step 2:

Heat the oil in a pan on medium heat and add the potato and onion with a pinch of salt and pepper. Stir every now and then until they have a golden brown edge to them.



### Step 3:

Once the potato and onion are golden brown, add this to the mixing bowl with the eggs in and give it a light mix around. Put it back in the pan on a low heat with the lid on for 5 mins. Get a plate that is wider than the pan, flip the omelette onto the plate top side down. Slide the omelette back into the pan for a further 5 mins.



### Step 4:

Once the omelette is ready, flip it out of the pan using the technique used earlier. Serve with a sauce of your choice.

