

Spinach, red onion and potato tortilla

This is perfect warm or cold – perfect for lunch, a picnic or barbecue.

Serves 4

Prep 10 minutes

Cook 45 minutes

INGREDIENTS

400g new potatoes

250g frozen leaf spinach (130g once defrosted and excess water squeezed out)

1 tbsp olive oil

1 large red onion, thinly sliced

5 eggs

pinch pepper, to season

METHOD

1. Boil the potatoes in their skins for 15–20 minutes (depending on size) until almost cooked, but still firm. Drain and run them under a cold tap to make them easier to handle, before cutting each potato into 1/2cm-thick slices.
2. Meanwhile, defrost the spinach, squeeze out the excess water and chop it slightly.
3. Add the oil to a large non-stick frying pan and put onto a medium heat. Add the onion and cook for 2–3 minutes until soft.
4. Beat the eggs with the pepper, mix in the spinach and then add the potatoes.
5. Pour the egg mixture into the frying pan. Use a spatula to press the tortilla down, and to press in the sides to create an even shape.
6. Once the tortilla has almost set (approx 5 minutes) invert onto a plate, then slide it back into the pan to cook the other side for 5 minutes.

Reduce the heat and turn the tortilla twice more, cooking for 2–3 minutes on each side to make sure the centre is cooked.

7. Slide the tortilla onto a plate and leave to cool for 10-15 minutes. Ideally, serve warm, as it tastes much better. For a packed lunch, allow to cool completely before slicing and packing.

Chefs tips

- For this tortilla recipe (also known as Spanish omelette), you can use other vegetables instead of spinach, such as peas and red pepper. Or, try adding some herbs or garlic.