

# Spanish Omelette

Bialik College Kitchen Garden Program



**Bialik College**

## Ingredients:

- 500g potatoes, peeled and thickly sliced
- 100ml extra virgin olive oil
- 1 onion, chopped
- 1 cup cooked and podded broad beans
- 3 tablespoons flat leaf parsley
- 8 eggs

## Equipment:

- metric measuring scales, spoons, cups
- chopping board
- cook's knife
- large frying pan
- colander
- mixing bowl
- spatula
- plate

## Method:

1. Heat oil in a large frying pan. Add potatoes and onions and cook gently, partially covered for about 35 minutes or until potatoes are softened.
2. Whilst the potatoes are cooking, pod just over a cup of broad beans and place in a saucepan of boiling water for 2 minutes. Drain, refresh under cold water and pod them a second time.
3. Strain potatoes and onions from the oil using a colander. Keep the oil.
4. Beat the eggs separately, then stir in the potatoes/onions, broad bean, parsley and plenty of salt/pepper.
5. Heat up some of the reserved oil into a frying pan and tip everything into the pan and cook on a medium heat, using the spatula to shape the omelette.
6. When the omelette is almost set, invert onto a plate and slide back into the pan and cook for a few minutes. Do this a few times, pressing down and trying to keep its shape.
7. Slide onto a plate and cool for 10 minutes before serving.