

Spanish Omelette With Ras-El-Hanout



DIETARY:
Vegetarian, Gluten Free

MAKING THIS RECIPE

Ingredients

1 medium onion, chopped
3 cloves of garlic, chopped
1.5 tablespoons olive oil
250 grams of mixed, diced, cooked vegetables - such as potato, carrot, broccoli, sweet corn, peas, cabbage, peppers or mushrooms
1 heaped teaspoon [Ras-el-Hanout](#)
6 large eggs, whisked
[Cracked black peppercorns](#), to taste
Salt, to taste - [Fleur de Sel](#) works particularly well in this recipe

Method

Thank you very much to Jane Webster for this tasty and interesting recipe. It is based on a traditional Spanish omelette but is seasoned with Moroccan Ras-el-Hanout spice blend, giving it exotic flavours that complement whichever selection of vegetables you decide to incorporate into the omelette.

Fry the onion and garlic in the oil until soft.
Add the vegetables and ras-el-hanout, stir and cook for a further 2-3 minutes.
Season the egg mixture with the salt and pepper and pour over the vegetables.
Cook until the base of the omelette is browned.
Place the pan under a hot grill until set and lightly browned.
Cut into wedges and serve with crusty bread and a green salad.

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