

# Spanish Omelette



DIETARY:  
Gluten Free, Vegetarian, Coeliacs, Nut Free

## MAKING THIS RECIPE

### Ingredients

The beauty of an omelette is that you can incorporate virtually anything you like, so the ingredients listed below do not have to be followed. You may like to add ingredients such as spinach, asparagus, ham, mushrooms, cheese, bacon.....whatever you have in your fridge!

One tablespoon olive oil

One small red onion, chopped

4 or 5 cooked new potatoes, sliced

One small green or red pepper, chopped

2 or 3 tomatoes, sliced

Half a teaspoon of [Herbes de Provence](#)

Sprinkling of [Cracked Black Pepper](#)

4 eggs, lightly beaten

One tablespoon milk

Pinch of sea salt

Fresh basil or parsley leaves

### Method

Pre-heat your grill and on the hob heat up a non-stick omelette pan or frying pan then add the olive oil.

Once the oil is hot, add the chopped onion and when it has softened add the sliced potatoes.

Sauté until the potatoes are lightly browned then add the peppers and tomatoes.

Sprinkle over the Herbes de Provence, season with black pepper and give everything a good stir.

Once the vegetables are hot, turn the heat down slightly and pour over the beaten eggs that have been mixed with the milk and a pinch of sea salt.

As the omelette starts to set around the edge of the pan, use a spatula to draw the set egg mixture towards the centre of the pan so that uncooked egg fills the gap and starts to cook.

Cook for 2 or 3 minutes until the omelette is nearly set, then place the pan under a hot grill for a further 2 to 3 minutes but don't let the pan handle be grilled too!

Slide the fully set and fluffy omelette out of the pan onto a plate and garnish with torn basil leaves or parsley.

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INDONESIAN

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INDIAN

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