

Spanish Omelette Recipe

Eating healthily helps promote good brain health so here's an easy and delicious lunchtime recipe for you to try!

Ingredients:

- 500g new potatoes
- 1 onion, preferably white
- 150ml extra-virgin olive oil
- 3 tbsp chopped flat-leaf parsley
- 6 eggs

(This amount serves 3 to 4 people)

Method:

STEP 1

Peel the new potatoes or leave the skins on, if you prefer.

Cut them into thick slices.

Chop the onion.

STEP 2

Heat the extra-virgin olive oil in a large frying pan, add the potatoes and onion and simmer gently, partially covered, for 30 mins, stirring occasionally until the potatoes are softened.

Strain the potatoes and onion and place into a large bowl

STEP 3

Beat the eggs in a bowl, then stir into the potatoes and onion.

Add the parsley and plenty of salt and pepper.

Heat a little of the oil in a smaller pan.

STEP 4

Tip everything into the small pan and cook on a moderate heat, using a spatula to shape the omelette.

STEP 5

When almost set, place a plate on top of the pan carefully then flip everything to tip the omelette into the plate.

Slide the upside down omelette back into the pan and cook a few more minutes.

STEP 6

Allow to cool a little, serve on a plate and enjoy!

