

# SPANISH POTATO OMELETTE

**1.** Put plenty of olive oil into a medium frying pan on a medium high heat. Half the potatoes then cut into thin slices. Cut the garlic and shallot/onion very small. Beat the eggs in a bowl.

**2.** Fry the potatoes until golden brown. Drain off the oil - then add the potatoes to the eggs. Fry the garlic and shallot in a little oil. Now crush some crisps into the mix. Mix all together then into the frying pan and cook on slow low heat.

**3.** Turn the omelette by putting a plate on the top of the frying pan and flipping the pan over, then slide the omelette back into the pan to finish the other side for just a couple of minutes. Serve with tomato bread, pan con tomate. Rub a cut tomato onto slices of wholemeal bread then drizzle with olive oil and a little salt. Top tasty, easy and quick.

**PREP** 10 mins - **COOK** 15 mins

**INGREDIENTS:** for 2 people

- 2 or 3 medium potatoes
- 4 eggs
- 1 shallot or small onion
- 1 piece of garlic
- A big handful of potato crisps is an optional extra
- Olive oil, salt and pepper

**LOVE HEART FOOD**

