

# Spanish Potato Omelette

## with Tomato Bread

hellóchef

In Spanish: Tortilla Española, Pan Con Tomate. Buen provecho!

Cals 567 • Prot 44 • Carbs 24 • Fat 33

Vegetarian

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🕒 cook: 40 min

R2886





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Omelette	2 ppl	3 ppl	4 ppl	
Potatoes	300	450	600	Grams
Brown onion	0.5	1	1	Pieces
Roasted peppers	150	225	300	Grams
Organic Eggs <b>5*</b>	6	9	12	Pieces
Water	50	75	100	ML
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	3	5	6	Tbsp
Grated cheddar <b>4*</b>	60	90	120	Grams
Grated mozzarella <b>4*</b>	60	90	120	Grams
Bread				
Sourdough bread slices <b>10*, 11*</b>	1	1	1	Pieces
Olive oil	2	3	4	Tbsp
Tomatoes	2	3	4	Pieces
Garlic cloves	1	2	2	Pieces
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

**\*5 Eggs, \*4 Milk, \*10 Wheat, \*11 Gluten**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information Per Serving\*

Energy (kJ/kcal)	2370 / 567
Fat (g)	33.4
of which saturates (g)	19.9
Carbohydrate (g)	24
of which sugars (g)	4.2
Fiber (g)	4.7
Protein (g)	43.8
Salt (g)	1.5

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil potatoes

Peel the **potatoes**, add them to a pot and cover with **water**. Bring to a boil and cook for 15-20 min or until tender. Drain and let cool. Slice the **potatoes**. Preheat the oven to 200°C/180°C fan.



2 Prep

Meanwhile, peel and chop the **onion**. Chop the **roasted peppers** roughly. Crack the **eggs** into a bowl. Add the measured **water, salt** and **pepper**. Beat the egg mixture lightly.



3 Fry onion and potatoes

Heat a pan over a medium heat with a generous drizzle of **olive oil**. Once hot, add the **onion** and fry with a pinch of **salt** for 5 min until translucent. Add the sliced **potatoes** and fry for 5 min further. Add the **roasted peppers**. Take the pan off the heat.



4 Bake tortilla

If using an oven-proof frying pan, keep the ingredients in the pan. Otherwise, lightly grease or line a baking dish. Add the **onion, potatoes, peppers** and **eggs**. Shake the dish gently so that the egg mixture ties all the ingredients together. Add both **grated cheeses**. Bake in the oven for 10-15 min or until set but not dry. Allow to cool for 10-15 min before serving.



5 Prep tomato bread

While the tortilla is cooling, place the **bread slices** on a lined baking tray. Drizzle with **olive oil**. Toast in the hot oven for 5 min. Chop the **tomatoes**. Peel and halve the **garlic**. Once the **bread** is toasted, rub it with the cut side of the **garlic** clove. Spoon the **tomatoes** over the top.



6 Serve

Slide or flip the **tortilla** onto a serving plate or serve it directly from the baking dish. Serve the **tomato bread** on the side.