

# Tortilla

**Tortilla is traditionally served in Spain as a tapas dish or sandwiched between two chunks of bread.** It can be served as a main course with a green salad and bread or in wedges for a picnic. Almost any cooked vegetables can be used in place of the ones suggested here, which makes it a great recipe for using up any leftover vegetables.



Egg, milk, mustard and sulphites\*

Nutritional information per portion (297g):

Energy 1050kJ 250kcal 13%	Fat 11g 16%	Saturates 3.5g 17%	Sugars 4.8g 5%	Salt 0.62g 10%
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of an adult's reference intake.  
Typical values per 100g: energy 354kJ/84kcal.

## Equipment

Weighing scales  
Sharp knife  
Chopping board  
Kitchen paper  
20cm round microwave-safe dish with lid or clingfilm  
Vegetable peeler  
Oven gloves  
Kettle  
Colander  
Small bowl  
Medium bowl  
Fork or whisk  
Grater  
Metal spoon  
Spatula or fish slice

## Ingredients

**Serves 4**  
1 onion  
1 red OR orange pepper  
50g mushrooms  
400g potatoes  
50g frozen peas  
4 large eggs  
1 x 5ml spoon grain mustard (optional)  
Black pepper (optional)  
30g reduced-fat mature Cheddar cheese

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- If you overcook eggs they become rubbery, so always cook for less time to begin with and check the mixture before continuing to cook.

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## Method

1. Peel the onion, cut in half and thinly slice into ½cm pieces.
2. Wash the pepper, cut in half lengthways, deseed and slice thinly into half rings about ½cm wide.
3. Wipe the mushrooms with some damp kitchen paper and slice thinly into ½cm pieces.
4. Put the onion, pepper and mushrooms into a microwave-safe dish, cover with a lid or clingfilm, leaving a small area open, and cook on full power for 4 minutes. All timings for this recipes are based on using an 800W microwave.
5. Meanwhile, peel the potatoes (or just scrub them if the skins are good), and slice into ½cm slices.
6. Take the dish out of the microwave, remove the vegetables and put to one side in a small bowl.
7. Put the potatoes in the microwave-safe dish, cover with a lid or clingfilm, leaving a small area open, and cook on full power for 6 minutes. Allow to stand for 2 minutes, then check that the slices are soft. If they are not, cook on full power for another minute.
8. Put the peas into a colander and pour some boiling water over them to soften them, then drain.
9. Crack the eggs in a bowl, whisk with the mustard and black pepper (if using) until frothy.
10. Mix the potatoes, vegetable mixture and peas together gently in the microwave-safe dish and pour over the eggs.
11. Grate the cheese and sprinkle into the dish over the egg.
12. Cook on full power for 2 minutes, then remove the dish and stir the outside parts of the mixture into the centre and flatten with a spoon.
13. Cook for another 2 minutes and repeat as step 12.
14. Cook for another 2 minutes and remove the dish from the microwave, cover with clingfilm and allow to stand for 2 minutes to finish cooking. If the egg is still a bit runny, cook for another minute on full power.
15. Cut into wedges and serve with a tomato salad and crusty bread.

## Something to try next time

- Add 10g of finely chopped herbs to the egg mixture.
- Add 50g of sliced chorizo sausage or chunks of cooked ham at step 10 for a meat option.
- Swap the potatoes for cooked pieces of butternut squash or mixed vegetables.

## Prepare now, eat later

- Can be served cold. Keep covered in a fridge for up to 2 days.

### Skills used include:

Weighing, measuring, peeling, chopping, whisking, mixing/combining, microwaving and serving.