



## LOW FAT SPANISH OMELETTE

Serves: 4

### Ingredients

1 large onion  
6 large potatoes  
6 large eggs  
olive oil  
salt and black pepper



### Method

- 1 Wash and peel the potatoes and onion. Slice the potatoes and onion into ½ inch thick slices and season with salt and pepper.
- 2 Add your slices to a medium-sized saucepan with boiling water and cover. Allow to boil on a high heat for about 10-14 minutes until the potatoes are soft yet still firm enough to hold their shape.
- 3 Spread the potatoes and onion over a grill pan covered in baking paper and place under a hot grill. Grill on a medium heat for 3-5 minutes and turn, grilling for another 5 minutes.
- 4 Add the potatoes and onion to the egg and season if you need to.
- 5 Add a tablespoon of olive oil to a large pan on a high heat. Allow the oil to become hot and pour in the tortilla mixture.
- 6 Cook until the eggs set, first on high heat, and then lower (unlike a traditional French omelette, the Spanish omelette should cook through slowly). As the tortilla begins to set, shake the pan gently to stop it from sticking.
- 7 When cooked, turn the omelette out onto a plate and enjoy hot or cold, sliced like a cake into 6 or 8 wedges.
- 8 When cold, these tortilla wedges can be wrapped in cling film for picnics – perfect!

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: