

## NUTRITION: Lazza's Kitchen

### Spanish Omelette

#### Lazza is still trying out new recipes Today - his first Spanish Omelette

Wiki: "Also known as Spanish Tortilla: According to legend, during the siege of Bilbao, Carlist general Tomas de Zumalacarregrui invented the "*tortilla de patatas*" as an easy, fast and nutritious dish to satisfy the scarcities of the Carlist army. Although it remains unknown whether this is true, it appears the tortilla started to spread during the early Carlist war."



- 400g Potatoes (I used baby potatoes)
- Peppers - I used a mix of four different colours
- 1 large Onion
- 2/3 Garlic Cloves
- Tomatoes (I used a can of chopped)
- 8 eggs
- I added peas (you could use ham/prawn/etc.)
- Ground Black pepper (I also added some salt)
- Pinch of Mixed Herbs to taste
- Olive Oil

- Cook the potatoes first - and dice them when slightly cooled
- Dice the peppers; leave in boiling water for couple of minutes then drain. (plus peas for me)
- Peel and dice the onion, and crush the garlic
- Heat Oil in a large heavy based pan
- Cook the onions and garlic until onions are soft and just turning brown
- Add the potatoes and peppers and stir for two minutes
- Add the tomatoes, peas (or whatever).
- Whisk the eggs (add herbs) and pour into the pan, allowing it to cook for a couple of minutes
- Using a spatula, gently push the egg from round the outside edge to the centre.
- Once omelette is set you can place under a grill. I left mine without that.



**It's quite a simple recipe but  
it is down to preparation.**

**It tasted fabulous again.  
I honestly cannot believe I  
am doing so well.**

**During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.  
Why not try out some new recipes and foods yourself?  
This was the first time I had ever cooked a Spanish Omelette.**