



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Spanish Tortilla

For this dish you can be creative and use whatever you have in the fridge that needs to be used. Leftover cheese, cooked vegetables, spicy sausages and cooked meats such as ham all work well.

Serves 4 people.

Ingredients:

1 tablespoon olive oil
1 large onion sliced thinly
6 large eggs
Grated cheese
Salt
Black pepper
Sprigs of coriander

Leftovers:

Cooked potatoes
Cooked bacon, ham or sausage
Cooked vegetables



Preparation:

Heat the olive oil in a large non-stick fry pan, add the potatoes and onion and cook gently for 20-30 minutes until soft. Do not let the onions go brown.

Beat the eggs in large bowl, add salt and pepper. Add the potatoes/vegetables and onion mixture. Combine well and tip into the pan.

Cook over a gentle heat for 10-12 minutes until set.

Scatter the top with the sausage slices and grated cheese and place under a hot grill until golden brown.

Cut into wedges and serve with coriander and a crisp green salad.

Acknowledgment:

Recipe from UK Love Food Hate Waste website, supplied by The Womens' Institute.



Ethnic Communities'
Council of NSW inc.