

Spanish potato omelet (tortilla de patatas)

This dish is a staple in any Spanish tapas bar. There, it swims in olive oil (delicious but caloric!) and is often served as a filling for white bread sandwiches. Potatoes on bread is a bit too “carby” for my taste, so I simply eat it on its own, accompanied with a green vegetable or salad. You can add other ingredients like olives, sautéed zucchini, lightly steamed asparagus, small pieces of cured Spanish chorizo or cheese in or on the tortilla. Serves 4.

1 lb small new potatoes (e.g. Fingerling or Petite Gold), cooked & cooled
3 tbsp olive oil
1 yellow onion, coarsely chopped
4 cloves garlic, thinly sliced
salt, freshly ground black pepper
8 eggs
1 jar roasted peppers (e.g. Trader Joe’s or Cento), drained through a sieve and coarsely chopped
½ bunch green onions, sliced
½ bunch fresh parsley, coarsely chopped (I snip it straight into the bowl with kitchen scissors)

Place potatoes in a medium pot and cover with water. Bring to a boil on high heat, then reduce to medium, cover and cook for 20-25 minutes; test for doneness with a fork. Drain through a colander, rinse with cold water and chill for at least 1 hour (ideally overnight).

In a 9-inch skillet, warm 2 tbsp olive oil and sauté the onion (scattered with about ½ tsp salt) for 8 minutes, stirring regularly, until translucent. Add the garlic and cook for another minute, stirring. While the onion and garlic are cooking, slice the potatoes (don’t bother to peel unless the skins bother you). Add them to the onions and cook for 5 minutes, turning with a spatula every 1-2 minutes. Add spring onion and parsley and cook for another minute.

Preheat oven to 375F.

Crack the eggs into a large mixing bowl and beat with ½ tsp salt and some freshly ground black pepper. Add the chopped peppers and stir gently to combine. Once the potato-onion mixture is done, add this to the bowl with the beaten egg and stir; make sure the potatoes are well coated with egg.

Wipe the skillet clean using paper kitchen towel, return to medium heat and add the remaining tablespoon olive oil. Pour the egg-pepper-potato mixture into the skillet and cook for about 1 minute. Then place in the preheated oven and bake for about 30 minutes, until the surface is golden-brown and the center of the omelet is set.

Remove from the oven and transfer onto a serving plate. Serve warm, at room temperature or cold, accompanied with lightly dressed green salad.

Nutrition information (per serving): Calories 350; Total Fat 20 g; Saturated Fat 5 g; Monounsaturated Fat 11 g; Polyunsaturated Fat 3 g; Sodium 781 mg; Potassium 1041 mg; Total Carbohydrate 26 g; Fiber 4 g; Protein 17 g