

Simple Spanish omelette



Serves: **4 adults**

Preparation time: **10 minutes**

Cooking time: **30 minutes**

What you need

- 500g potatoes
- 1 medium white onion
- 1 garlic clove (optional)
- 6 eggs
- 3 dessertspoons milk
- 1 dessertspoon vegetable oil
- 3 dessertspoons of chopped flat leaved parsley (optional)
- Ground black pepper
- Vegetables: Choose from
 - 1 small tin sweetcorn
 - 6 closed cup mushrooms
 - 2 handfuls of frozen vegetables e.g. peas
 - 1 red pepper
 - 1 courgette

What to do

1. Chop potatoes into slices, you can peel the potatoes first or leave the skins on.
2. Boil in a pan for about 10 minutes until nearly cooked, then drain and set aside.
3. While the potatoes are cooking, chop up your chosen vegetables into similar sized pieces.
4. Heat oil in a frying pan then add the potatoes and onion. Cook on a medium heat until the onion is soft, this should be several minutes, then add the other vegetables for a further 5 to 10 minutes and turn down the heat to medium/low.
5. Crack all the eggs into a bowl and add the milk, whisk with a fork and stir in the pepper and fresh or dried herbs.
6. Tip the egg mixture over the vegetables and potatoes and cook until the omelette is mostly set, this means that the top of the omelette isn't quite cooked yet.
7. To cook the top of the omelette either put the frying pan under the grill for 1 or 2 minutes or transfer to a plate by sliding it out of the pan then place the pan down onto the omelette and turn over so the bottom of the omelette is now the top, then cook on the hob for another 1 to 2 minutes (be very careful with this method to avoid getting burnt).
8. Slide out onto chopping board or plate and chop into wedges. Serve with a side salad.



Changes for babies

Make sure the eggs are well cooked. When your baby is younger mash the omelette with a little of their milk and make sure any pieces of vegetables are mashed or chopped small to prevent choking.

Changes for toddlers

Chop into manageable pieces for your toddler to pick up with a fork or spoon.