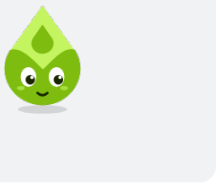
Dinner

Golden potato and red onion tortilla

Sliced potatoes, red onion and green pepper are bound in a Parmesan flecked egg mixture, cooked in a pan and finished under a hot grill until golden and set.

15 min	387	46.3 g	7.1 g
time	calories	carbs	sugars



Low sugar

Ingredients, 2 servings

- [ ] 425 g potatoes, peeled and sliced
- [ ] 1 teaspoon oil
- [ ] 1 red onion, sliced
- [ ] half green pepper, thinly sliced
- [ ] 1 tbsp fresh parsley, chopped
- [ ] 3 eggs, beaten
- [ ] 1 tbsp grated Parmesan cheese
- [ ] freshly ground black pepper

Method

- [ ] **1** Boil the sliced potatoes in a pan of water for 5-6 minutes until just tender, then drain them well.
- [ ] **2** Heat the oil in a small pan over a medium heat and fry the red onion and green pepper for 3-4 minutes until softened.
- [ ] **3** Tip the drained potatoes into the pan, scatter over the chopped fresh parsley and fold everything together gently so the slices stay whole.
- [ ] **4** In a bowl, whisk the beaten eggs with the grated Parmesan cheese and season with plenty of freshly ground black pepper.
- [ ] **5** Preheat the grill.
- [ ] **6** Pour the egg mixture into the pan and leave it to cook undisturbed for 3 minutes.
- [ ] **7** Place the pan under the hot grill and cook until the top is golden and completely set, then cut into wedges and serve warm.

Nutrition Facts

Per serving

Calories	**387**
Total fat	12.4 g
Saturated fat	4 g
Sodium	Not listed
Total carbs	46.3 g
Fiber	6.6 g
Total sugars	7.1 g
Protein	19.4 g

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