


## Spanish omelette (1 person)

<u>Ingredients</u>	<u>Equipment</u>	
1 onion 1 piece of pepper 1 potato 2/3 tablespoons sunflower oil 2 eggs Salt and pepper	Wooden spoon Frying pan or wok Chopping board Knife Peeler Mixing bowl Fish slice Fork Table spoon Pan stand	

### Method of making

Step	Process	
1	Wash your hands, put an apron on and collect your equipment.	
2	Peel the onion and chop into small pieces.	
3	Peel the potatoes and slice thinly.	
4	Cut the pepper into small pieces.	
5	Crack the eggs into a mixing bowl and whisk with a fork. Leave the bowl to one side.	
6	Put 2 tablespoons of oil into a frying pan or wok. Cook the onion and pepper for 5 minutes until soft.	
7	Add the potatoes to the pan and cook for 5 minutes. Do not allow the ingredients to burn - add another spoon of oil if needed.	
8	Turn the pan off the heat and put it onto a pan stand on your table.	
9	Tip the vegetables into the egg mixture and stir together. Add a pinch of salt and a shake of pepper.	
10	Put a spoon of oil into the frying pan and pour the mixture back in. Cook the mixture on a low heat for about 10 minutes.	
11	After ten minutes, turn off the heat. If the omelette is pale on top, it can be browned for a few minutes under the grill.	
12	Cut the omelette into 4 or 6 triangles. It can be eaten hot or cold.	
13	Wash up and clear away.	

