



Contains foods from all shelves of the food pyramid



Video

Cheese, ham, pepper and potato tortilla

Serves 2

Method

- 1 Preheat** the grill to hot.
- 2 Peel** and **halve** the onion, then **cut** into thin half-moons. **Wash, deseed** and **slice** the red pepper into thin strips. **Peel, halve** and **cut** the cooked potatoes into slices 5 mm thick. **Grate** the cheese. **Chop** the herbs. **Shred** the ham.
- 3 Beat** the eggs in a large bowl with the grated cheese, chopped fresh herbs and a pinch of salt and pepper. **Set aside.**
- 4 Heat** the oil in a frying pan set over a medium heat. **Add** the onion and pepper and **cook** for about 5 minutes, until soft. Remove from the pan and **set aside.**
- 5 Add** a little extra oil to the pan if needed. **Add** the potatoes and **cook** for 2 minutes. **Add** the onion and pepper back to the pan along with the shredded ham, then **pour** in the egg mixture.
- 6 Reduce** the heat to low and **cook** for 10 minutes, until nearly set. Put under the hot grill and **cook** until the top is set and golden.
- 7 Slide** the tortilla out of the pan onto a chopping board. **Slice** into wedges and **serve** with a green salad.



Ingredients

- 1 small red onion
- ½ red pepper
- 2 medium cooked potatoes (leftovers could be used)
- 75 g Cheddar cheese
- 1 tablespoon chopped fresh sage or parsley
- 25 g cooked ham
- 4 eggs
- salt and freshly ground black pepper
- 1 tablespoon oil, plus extra if needed
- green salad (page 190), to serve



Equipment

Plates and bowls for ingredients, / weighing scales, chopping board, chopping knife, grater, measuring jug, tablespoon, fork or hand whisk, non-stick frying pan, fish slice, serving plate

