

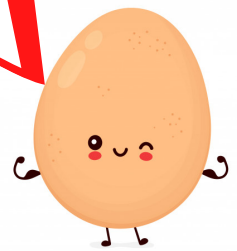
# SPANISH FRITTATA

Serves 4 - 5

## Ingredients

- 3 tsp Olive Oil
- 1 small onion (thinly sliced)
- 1 Sweet Potato (pre-cooked and diced)
- 2 garlic cloves (chopped/grated)
- 1 tsp smoked paprika
- 1 tsp mild chilli powder
- 10 large eggs
- 1/2 cup Grated Cheese
- 3 cups Baby Spinach (roughly chopped)
- 1 Red Pepper (chopped)

Eggs are a great source of protein and contain lots of essential nutrients, like vitamin D which is vital for our bone health



## Method

1. Prepare vegetables as above. Boil sweet potato for around 15-20 minutes (depending on size) until it is softened
2. Heat 2 tsp oil in a pan over medium heat. Saute onion for 3-4 minutes (until soft), add garlic and cook for another minute (continue stirring to make sure it doesn't stick).
3. Add red pepper, chilli powder and paprika and cook for 2 minutes more. (or cook for as long as pepper softens)
4. Lightly whisk eggs in a large bowl add cheese, spinach and a pinch black pepper until combined. Pour in the egg mixture with peppers/onion mix then add cooked sweet potato, cover and cook for 4-5 minutes until the edges are set and the bottom is browned (it will still be moist in the centre).
5. To flip the tortilla, run a spatula gently around the edges to loosen them, or stick under grill to cook top. Invert a large plate over the pan and turn out the tortilla onto it. Slide the tortilla back into the pan and continue cooking until completely set in the middle, 3 to 6 minutes.
6. Serve warm or cold.