



Potato Tortilla

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: eggs, parsley, potato, red onion, silverbeet, spring onion

Equipment:

metric measuring spoon
clean tea towel
chopping board
cook's knife
vegetable peeler
large pot with steamer and lid
large frying pan
wooden spoon
large mixing bowl
whisk
medium frying pan with lid
griller
aluminium foil (if needed)
serving platter

Ingredients:

6–7 medium potatoes, peeled and sliced 0.5 cm thick
3 tbsp olive oil
1 red onion, peeled and finely sliced
3 silverbeet leaves, stems chopped finely and leaves rolled and sliced
3 spring onions, finely chopped
1 large handful of parsley, roughly chopped
6 large eggs
sea salt, to taste
pepper, to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Steam the potatoes in the steamer for 20 minutes or until tender.
3. Add 1 tbsp olive oil to the frying pan and the cook the onion, silverbeet stems and spring onions for 2 minutes over medium heat.
4. Add silverbeet leaves and herbs to the frying pan and cook until leaves are wilted down.
5. Crack the eggs into the bowl, beat with the whisk and season with salt and pepper.
6. Pour 1–2 tbsp olive oil into the medium frying pan. When hot, add the potatoes and the onion mix.
7. Add the egg mix to the frying pan, gently spread it over the pan and turn the heat down to low. Cover with the lid and cook until centre of tortilla is firm, around 10 minutes.
8. Turn on the grill.
9. Take the lid off the frying pan, place the pan under the grill and heat for a further 10 minutes, until the tortilla is evenly golden and firm to the touch. Check the centre of the tortilla. If it is still runny, cover the pan with foil and place it under the grill again until it's cooked through.
10. Allow the tortilla to cool, transfer it to the serving platter and slice to serve.