

Joe's Mega Tortilla



Serves 2

Prep 10 mins

Cooking 15 mins

Easy

Ingredients

250g sweet potatoes or 2 sweet potatoes, peeled and cut into 2cm chunks

5ml olive oil

80g onion, sliced

150g red pepper or 2 small red peppers, diced

8 slices turkey bacon, sliced

1 rosemary sprig (optional)

7 eggs (3 whole eggs and 4 egg whites)

green salad leaves

200g 0% fat Greek yogurt

1. Heat oven to 180C/160C fan/gas 4. Heat the sweet potato chunks in the microwave for 3 mins, leave to rest for 2 mins, then heat again for a further 2 mins, by which time they should be cooked through and soft.
2. Meanwhile, heat the oil in a non-stick ovenproof frying pan over a medium-high heat. Add the onion, pepper, turkey, and rosemary (if using), and cook for 2-3 mins. When the potatoes are ready, add them to the pan as well.
3. Beat the egg and egg whites together, then pour into the frying pan. Use a spatula to move the eggs around, scraping it up from the base, for 1-2 mins or until there is a good proportion of cooked egg in the pan and the ingredients are well mixed. Put the pan in the oven and heat until the egg is cooked through. Slide the omelette from the pan and enjoy with a side salad and a good dollop of yoghurt.