

Mary Berry Frittata



Serves 2

Prep 10 mins

Cooking 35 mins

Easy

Ingredients

3 tbsp olive oil

1 onion, thinly sliced

½ red pepper, deseeded and diced

225g potatoes, peeled and cut into slices about 1cm (.in) thick

4 large eggs

1 tbsp finely chopped parsley

salt and freshly ground black pepper

1. Heat 2 tbsp of the oil in the pan, add the onion and fry over a medium-high heat for 5 mins. Add the pepper and potatoes, mix with the onions so all the vegetables are well coated in the oil, and season with salt and pepper. Cover with the lid and gently cook over a low heat for 15–20 minutes until the potatoes are cooked through.
2. Meanwhile, beat the eggs in a bowl, seasoning with salt and pepper. When the vegetables are done, add them to the eggs and mix together.
3. Wipe the pan clean & add the remaining oil, then carefully pour in the egg mixture & sprinkle with parsley. Heat until the sides & top of the tortilla have just set and the base is lightly golden brown. This takes around 10–15 mins.
4. When the middle is just about set, with just a little wobble, & the base moves freely away from the pan, carefully slide on to a plate. (You may need a flexible spatula to help you here.) Put the pan on top and flip over to cook the other side for 3–4 minutes until golden all over and just cooked through.
5. Slide on to a plate to serve. You may want to put a plate on top of the pan (taking care as it's hot) and flip the tortilla on to it so that the side with the parsley is on top.
6. Prepare Ahead: While the tortilla is best served immediately, you can leave it to cool and serve cold, cut into wedges –perfect for picnics or lunchboxes. Best eaten on the same day.