

Oven-roasted Sweet Potato & Courgettes Tortilla



Serves 4 Prep 10 mins

Cooking 1hr

Easy

Ingredients

2 medium sweet potatoes (500g), peeled & sliced (about 4-5 mm thick)
1 onion, thinly sliced
1 courgette, sliced (about 4-5 mm thick)
2 tbsp olive oil
6 eggs
50g crème fraîche
30g Manchego or vegetarian alternative, grated
1tbsp chopped chives
green salad, to serve

1. Heat the oven to 190C/170C fan/ gas 5. Tip the sweet potato slices, onion and courgette into a medium non-stick baking dish (ours was 18cm x 30cm x 4cm), drizzle with the olive oil, season and mix everything together. Bake for 30 mins, tossing the veg halfway. The sweet potatoes should be tender, the courgette a little charred and the onion softened.
2. Meanwhile, whisk the eggs and the crème fraîche together along with a pinch of seasoning. Pour the beaten egg mixture over the sweet potato, onion and courgette. Sprinkle over the Manchego and put back in the oven for 25-30 mins until the tortilla is just set. Sprinkle over the chives and eat hot or cold with salad.

