

Sweet Potato & Pepper Omelette



Serves 3

Prep 10 mins

Cooking 20 mins

Easy

Ingredients

1 large sweet potato, peeled, cut in half lengthways & into 5 mm slices
1 tbsp vegetable oil
1 red pepper, deseeded & cut into thin slices
6 eggs, beaten
salt & freshly ground black pepper
2 tbsp finely chopped fresh parsley

1. Place the sweet potato in a saucepan, cover with water, bring to the boil and cook for about 5 minutes until just tender. Drain well
2. Heat the oil in a medium frying pan and gently fry the pepper for about 5 minutes until softened. Add the potato slices, and cook, stirring, for a further minute.
3. Pack the vegetables evenly over the base of the frying pan and pour in the eggs and plenty of seasoning. Cook the omelette over a gentle heat, pushing the cooked egg from the edge of the pan into the centre, until the egg is set all over - it will take about 10 minutes to set completely.
4. Preheat the grill to hot, and place the omelette under the grill, protecting the frying pan handle if necessary, to cook for 2 - 3 minutes to lightly brown the top.
5. Serve hot or cold, straight from the pan, cut into wedges and sprinkled with the chopped herbs. A green salad makes a tasty crisp accompaniment.