

Simple Spanish Tortilla

Makes: 4 Servings

Ingredients

Olive oil

500g celeriac, skin cut off, cut into wedges and sliced 0.5cm thick.

2 onions, peeled, halved and sliced.

6 medium eggs.

1 heaped teaspoon thyme

Salt and pepper for seasoning



Instructions

Heat 2 tablespoons of olive oil in a 24cm non-stick frying pan with a heatproof handle over a medium heat, add the celeriac and cook for about 5 minutes, turning now and again, until it is coated in the oil. Season with salt (optional), drizzle 2 tablespoons of water over the veg, cover the pan with a large saucepan lid and cook over a low heat for about 5 minutes until tender; it may be lightly coloured. Transfer the cooked celeriac to a large bowl.

Wipe the pan with kitchen paper, return it to a medium heat, add another couple of tablespoons of oil and fry the onions for 7-12 minutes, stirring frequently, until golden, seasoning them at the end. Mix them into the celeriac.

To cook the omelette, whisk the eggs and thyme in a bowl with a little seasoning, then pour them onto the celeriac and onion and gently stir to combine. Preheat an overhead grill to high, and return the frying pan in which you cooked the vegetables to a medium heat. If needed add a tablespoon of oil but they will still be oil from the onions, tip in the egg and celeriac mixture, level the surface and cook for 4 minutes.

Place under the grill for about 5 minutes until golden brown and sizzling, keeping a careful eye on it to make sure it doesn't burn – if it does seem to be colouring too quickly then move the pan down a little or turn the grill down.

Nutrition information:

Each Serving:

Kcal	170
Fat (Sat)	2.7
Net Carbs	5.4g
Protein	10.7g