

Spanish Omelette



Serves	6
Prep time	15 minutes
Cook time	40 hours
Total time	40 hours, 15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Lunch Box , Main Dish
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Warm

Ingredients

- 500g potatoes (peeled and thickly sliced)
- 1 leek (chopped)
- 150ml rice bran oil
- 3 tablespoons parsley (chopped)
- 6 eggs
- Salt (to taste)

Directions

1. Heat the oil in a large frying pan.
2. Add the potatoes and leek and stew gently, partially covered for 20 to 30 minutes until the potatoes are softened. Stir occasionally.
3. Strain the potatoes and leeks into a large bowl, saving the oil.
4. Beat the eggs together then stir into the potatoes with the parsley. Season with salt.
5. Heat a little of the kept oil in the frying pan.
6. Tip everything in and cook over medium heat. Use a spatula to push the omelette into a cushion shape.
7. When the omelette is almost set, invert it onto a plate and slide it back into the pan. It will be upside down now. Cook for a few more minutes, pushing the edges in again.
8. Slide out onto a plate and cool for 10 minutes before serving.



9. Can be served warm or cold.

Note

FAILSAFE / Low Chemical, gluten free, dairy free

Leftovers are also great in the lunch box.