

SPANISH TORTILLA

Ingredients

10g/1/2oz [butter](#)

1 tbsp [olive oil](#)

1 large [onions](#), cut in half and then finely sliced

450g/1lb [Pink Fir Apple](#) potatoes, or charlotte potatoes peeled, parboiled and sliced into 1cm/½in pieces

5 free-range [eggs](#), lightly beaten

salt and freshly ground [pepper](#)

Method

- In a large, heavy-based frying pan, heat the butter and oil.
- Cook the onions slowly until transparent and very soft.
- Meanwhile, peel and parboil the potatoes
- Next slice the potatoes into 1cm slices and add the potato slices to the pan and fry gently for two minutes.
- Lightly beat the eggs and then season with salt and freshly ground black pepper and pour onto the contents of the frying pan.
- Cook over a low to medium heat: it may take up to ten minutes until the egg is set enough to turn the tortilla over, and if the heat is too high, the bottom will burn before the middle is set.
- Once the bottom is nicely browned and the centre has set, it is time to turn it over. This is done with a double flip
- Place a plate (or the bottom of a tart tin) over the pan and flip it over once, so that the cooked surface of the tortilla is on the bottom. Take another plate, and flip it again so the cooked surface is on the top. Then place the frying pan back over the tortilla plate and flip one more time, so the uncooked bit is now in contact with the base of the pan.
- Replace the pan over low heat until the tortilla is cooked through.
- Serve hot, warm or cold, cut into slices or cubes.
- If you are nervous about flipping the tortilla – try the grill method on the frittata recipe.

TUNA PASTA BAKE

Ingredients

400g tubular pasta (e.g.- penne or rigatoni)

400g of tomato and red pepper soup/sauce (or 1 tin of chopped tomatoes)

1 onion, finely diced

1 garlic clove, crushed

1 tin of tuna in sunflower oil

50g strong cheddar cheese, grated

small handful of basil, chopped

Method

Heat the oven to 180C, gas mark 4

- Cook the pasta in a large pot of boiling salted water until al dente and drain when ready.
- Meanwhile sauté the onion in the oil for 10 minutes or until translucent.
- Add the garlic and cook for 1 minute
- Stir in the tomato and red pepper sauce or tinned tomatoes and season well,
- Add the pasta to the pan with the sauce and cook for 2 minutes until the pasta is well coated
- Drain the tuna
- Layer the pasta and sauce with crumbled tuna in a baking dish and sprinkle with cheese when finished
- Bake in the oven for 15-20 minutes until the cheese has started to bubble and melt. Serve immediately