

Herby Chorizo Tortilla



Ingredients:

300g Chorizo Sausage
15g pack Fresh Parsley
15g pack Fresh Chives
6 large Eggs
4 Red Onions
1 tbsp Lemon Juice

1. Peel and thinly slice the onions and place in a bowl.
2. Toss in the lemon juice & plenty of seasoning. Peel the papery skin from the chorizo and cut the sausage into small pieces.
3. Place in a large non-stick frying pan and heat gently until the juices start to run.
4. Add the onions, increase the heat and cook, stirring, for 15 minutes, until the onions are tender and lightly golden.
5. Beat the eggs together with the herbs and some seasoning and pour into the pan, stirring to ensure the eggs are evenly distributed.
6. Reduce the heat to low & cook for 10 minutes, until lightly golden on the bottom. Remove from the heat, loosen all round the edge with a palette knife and place a large inverted plate on top.
7. Turn the tortilla on to it, then carefully slide it back into the pan. Cook for a further 5 minutes, until the eggs are set. Serve hot or cold, cut into slices.

Cook's tip: This rich tortilla is good served with a tomato or crisp green salad and some bread

Nutrition:

Each serving contains (serves 4):

435 cals, 27g fat, of which 9.9g saturated fat, 15.5g added sugar, 0.7g salt

Prep Time: 15 Mins. **Cooking Time:** 45 Mins



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