



## Mixed Pepper Tortilla (Serves 4)

This simple lunch dish is packed with protein, tasty and filling. Serve hot or cold with a side salad.

### Ingredients

- 3 potatoes, peeled and cut into chunks or ½ tin potatoes, sliced
- 5 eggs
- 1 pepper chopped or 100g mixed frozen peppers (could use any frozen vegetables available)
- 2 tsp olive oil.
- Pinch of salt
- Pinch of pepper.

### Method

1. Boil potatoes in a large pan of water for 10-12 minutes and slice
2. Whisk eggs in a bowl add a pinch of salt and pepper
3. Heat olive oil in a pan and fry peppers until soft, add sliced potato turning regularly until browned. Add the egg mix
4. When the mixture is firm on the bottom and egg slightly cooked, remove from heat and place pan under a med grill until golden brown

Serve with a side salad

### Nutrition

Eggs are a great source of protein which is essential for the growth and repair of body tissues. Meals higher in protein can help to make us feel fuller for longer.

#### Other tasty swaps for your tortilla:

Any mixture of canned, frozen or fresh cooked vegetables such as peas, broccoli, spinach, sliced mushrooms

Cooked ham, chicken, tinned fish, grated cheese

#### Nutrition per portion - 156g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
167kcal	9g	2.3g	1.9g	0.6g	11.3g	9.2g	1.7g
8%	13%	12%	2%	10%	23%	4%	-

% of an adult's reference intake

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