



SPAIN

LUNCH

PRINTABLE RECIPE PDF

Spanish Tortilla Española

Tortilla Española, or Spanish omelette, is a beloved dish across Spain and has roots tracing back to the 18th century. Originally created as a frugal meal for

PREP

10 min

COOK

20 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **3 large** eggs - preferably free-range
- **2 medium** potatoes - Yukon Gold or similar
- **1 medium** onion - optional, sweet onion recommended
- **100 ml** olive oil - extra virgin for best flavor
- **1 teaspoon** salt - to taste

WHY THIS WORKS

About this recipe

A printable Spanish Tortilla Española recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Tortilla Española, or Spanish omelette, is a beloved dish across Spain and has roots tracing back to the 18th century. Originally created as a frugal meal for soldiers, it has evolved into a staple in Spanish cuisine, celebrated for its

ORIGIN & TRADITION

Mediterranean context

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METHOD

Step-by-step instructions

1

Peel and thinly slice the potatoes to about 1/8-inch thick. If using onion, slice it thinly as well.

2

Heat the olive oil in a non-stick skillet over medium heat. Add the sliced potatoes and onions (if using), then season with salt. Cook, stirring occasionally, until the potatoes are tender and lightly golden, about 10-12 minutes.

3

In a bowl, beat the eggs and season with a pinch of salt. Once the potatoes are cooked, drain them from the oil (reserve some oil for later) and gently mix them with the beaten eggs.

4

Wipe the skillet clean and add a little reserved olive oil back to the skillet, heating it over medium-low. Pour in the egg and potato mixture, spreading it evenly. Cook for about 5 minutes, until the bottom is set and lightly browned.

5

Place a large plate over the skillet and carefully flip the tortilla onto the plate. Slide it back into the skillet to cook the other side for another 5 minutes, until set and golden brown.

6

Once cooked, slide the tortilla onto a cutting board, let it rest for a couple of minutes, then slice into wedges and serve warm or at room temperature.

CHEF'S TIP

For a creamier texture, slightly undercook the tortilla; it can be served warm or at room temperature, and it often tastes even better the next day.

NUTRITION PER SERVING (EST.)

Calories	300 kcal	Fat	12 g
Protein	15 g	Fiber	3 g
Carbohydrates	35 g	Sodium	600 mg

SERVING SUGGESTION

Traditionally served as a tapa or main dish; pair with a simple green salad and a light red wine like Tempranillo.

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