

GREEN SPANISH TORTILLA

Recipe from Vegetarian Meals in 30 Minutes: More than 100 Delicious Meals For Fitness

This nutritious combination of eggs, potato and vegetables contains plenty of carbohydrates, protein and healthy fats, making it an ideal pre-workout meal. It provides sustained energy so will fuel the toughest of workouts and keep hunger at bay. Adding spinach and peas gives a vibrant twist as well as extra fibre and phytonutrients to fuel your good gut microbes. It's also rich in iron, which is needed for making haemoglobin, the oxygen-carrying protein component in your red blood cells.

Serves 4

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

- 300 g (11 oz) new potatoes, peeled and cut into medium slices
- 150 g (5 oz) green beans, halved
- 200 g (7 oz) frozen peas
- 200 g (7 oz) baby spinach
- 1 tbsp light olive or rapeseed oil

- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 3 sprigs of thyme, leaves picked, or ½ tsp dried
- 2 handfuls of flat-leaf parsley, chopped
- 6 large eggs
- Salt and freshly ground black pepper

To serve:

- Crusty wholegrain bread and a tomato salad

- Cook the potatoes in a large steamer or pan of boiling water for 6 minutes or until tender. Add the green beans, peas and spinach for the last 3 minutes. Remove from the heat and set aside.
- Meanwhile, heat the oil in an ovenproof frying pan over a medium-low heat. Add the onion and fry for 3 minutes or until softened. Add the garlic, thyme, salt and pepper, mix well and cook for a further 1 minute. Add the potato-vegetable mixture plus the parsley.
- Preheat the grill to medium.
- In a large bowl, beat the eggs, then add to the pan. Swirl the pan and cook over a gentle heat for 4–5 minutes until the mixture starts to set. Transfer to the grill and cook for 2–3 minutes or until the top of the top of the tortilla is golden and the middle no longer runny. Slide onto a board and serve with crusty bread and a tomato salad.