



LIGHT LUNCHESES / SUPPERS

18) Capricorn, Pea and Mint Tortilla (summer)

Serves 6

Ingredients

600g potatoes, diced
200g peas, fresh or frozen
6 eggs, beaten
2 tbsp freshly chopped mint
1 x 100g Capricorn goats cheese, diced
1 tbsp olive oil
1 bunch spring onions, sliced

- Boil the diced potatoes in salted water for 7-8 mins until tender, adding the peas for the last 2 mins
- Drain and mix with the eggs, mint, seasoning and goats cheese
- Heat the oil in a 20cm base non-stick frying pan. Add the spring onions and sauté for 2 mins
- Pour in the egg mixture, mixing it into the spring onions. Cook over a low heat for 20-25 mins, until the egg is almost set
- Meanwhile, preheat the grill to a medium setting. Place the pan under grill (protecting the handle if it's not heatproof) and cook for 3-4 mins until set and golden on top
- Serve warm rather than hot, cut into wedges, with a mixed leaf salad