



**Complexity level:** Medium  
**Calories level:** Middle-calories level  
**Price estimation:** Less than 5 \$

## Ingredients

1  
onion (optional)  
4  
potatoes (medium)  
5  
eggs (medium)  
1 c  
olive oil  
1/2 t  
salt

## Instructions

1. Chop the onion and cook over low heat for 5 - 7 minutes in a large non-stick frying pan with 1 cup olive oil (225-250ml) and a pinch of salt.
2. Peel the potatoes and slice them quite thin, you can even use the potato peeler to slice the potatoes.
3. Add the sliced potatoes and 2 pinch of salt to the frying pan and cook over low-medium heat for 20 - 25 minutes. Try to stir-frying every 2 - 3 minutes. The potatoes are done after starting to brown and when almost mashed.
4. Remove the blend from the pan with a spatula and drain the oil.
5. Crack the 5 or 6 eggs into a medium or large mixing bowl and whisk with a fork.
6. Mix during 2 - 3 minutes the mashed mixture with the whisked eggs in the mixing bowl. This step is the key to get a juicy Spanish omelette.
7. Place 1 - 2 tablespoons of olive oil into a medium size non-stick frying pan and heat over medium heat. Add the mashed mixture and cook over low-medium heat for 4 - 5 minutes. Shake a bit the frying pan every 30-45 seconds.

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8. Flip the Spanish omelette with a big plate. Make sure the plate covers completely the frying pan.
  9. Cook the omelette for 2 more minutes.

See more [Spanish Tapas recipes](#) [1].

**Source URL:** <https://thespanishcuisine.com/recipes/spanish-omelette-tortilla-espanola>

**Links**

[1] <https://thespanishcuisine.com/recipes/Spanish-Tapas>