

## Spanish Omelette with Roasted Paprika Peppers

---

*This is a layered egg and potato omelette – minus the onions, but no worse because of it. It is probably best eaten warm, although if you don't have a problem with resistant starches you could have it cold with a green leaf salad perhaps*



### Ingredients

---

#### Spanish Omelette

- 4 Large eggs
- 4 Potatoes
- 1 Teaspoon of paprika
- Oil/margarine to grease the dish, to prevent the omelette sticking to it.
- Salt and pepper

#### Roasted Paprika Peppers

- 3 Peppers – I like to use yellow and orange peppers as they look so nice but you can use any colour of pepper you feel like.
- 1 Tablespoon of garlic infused olive oil
- 1 Teaspoon of smoked paprika (I used hot, but you can choose the heat of your paprika depending on your symptoms)
- Salt and pepper to taste

## Method

---

### Spanish omelette

Slice the potatoes thinly leaving the skins on for a little extra fibre!

Beat the eggs and add the salt and pepper.

Rub margarine around your cooking dish and sprinkle around the paprika.

Par boil the potatoes and cool (don't allow them to go too cold if you have a problem with resistant starch)

Add layers of potato and egg.

Weight the dish as it cooks so the egg penetrates all the layers.

Cook in a moderate oven till the potatoes and egg are cooked through.

### Paprika peppers

Slice the top off the pepper and remove the stalk, slice the pepper. For the main body of the pepper again slice it but remove any white pithy material from the inside.

Add the oil paprika and seasoning and roast till soft – really couldn't be simpler!

*Low FODMAP, gluten free (check paprika contains no gluten contamination if you have been diagnosed with coeliac disease) milk, lactose and fructose free*