

# Sweet Potato Spanish Omelette



Preparation time: 35 mins

Serves: 2 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Breakfast Recipes, Lunch Recipes, Vegetarian, Meals for One

Here is a warming & wholesome Sweet Potato Spanish [Omelette recipe](#) you can try for winter breakfast, lunch or light dinner!



## Ingredients

- 1 medium sweet potato, peeled
- 3 tsp olive oil
- 1 small zucchini, sliced
- 5 eggs
- 50 ml milk of choice
- 1 medium brown onion, finely diced
- 1 medium carrot, finely chopped

- 2 tsp curry powder
- 2 tsp garlic chives, chopped

Method

1. Slice sweet potato into 1/2cm thin slices.
2. Coat sweet potato in 2 tsp olive oil & place onto a 24cm diameter fry pan, evenly covering the base of pan.
3. Turn stove on medium heat & place lid on fry pan. Cook until sweet potato is cooked though.
4. In a large bowl, place 5 eggs (whites & yolk) & whisk. Add milk, onion, carrot, garlic chives & 1 tsp curry. Mix. Add 1 tsp olive oil & mix.
5. Pour over cooked sweet potato in pan. Reduce heat to low and cover with lid to cook evenly for approx. 10min. Take off lid, top with sliced zucchini & remaining curry.
6. Place under heated grill without lid until top is crispy & golden brown.
7. Remove from pan, slice & enjoy.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
364g	1590kJ 380kcal	20.8g	21g	5.5g	24.7g	12.7g	210mg	5g

All nutrition values are per serve.