

## View from the Fridge – Recipes from Brian Donkin

### **Recipe # 142 – Spinach and Potato Omelette**

*Preparation time: 5 mins – Cooking time: 3 mins*

#### **Ingredients**

1 boiled potato quartered and then sliced  
1 cup of washed spinach  
3 eggs  
Knob butter  
1 tspn olive oil  
Salt and pepper

#### **Method**

1. Fry the potato in the olive oil and add the spinach
2. Season with a little salt and pepper and fry for a further two minutes
3. Drain excess liquid from the pan and place potatoes and spinach into a bowl
4. Place the eggs in another bowl with a little salt and pepper and beat until frothy
5. Place all in one bowl and beat together
6. Place butter in hot frying pan and add the mixture and stir
7. When cooked, fold from back of pan in, then fold from front of pan over
8. Turn onto plate

Serves 1 – see next page for picture

