

POTATO OMELETTE WITH TOMATOES



2 persons / 535 kcal per person

Ingredients:

- 450 grams waxy potatoes
- 2 tablespoons of olive oil
- 1 leek
- 3 eggs
- 100 grams of ricotta
- 125 grams of cherry tomatoes
- ½ head of lettuce
- pepper and salt

Preparation:

Peel the potatoes and cut them into 1 cm cubes. Boil them in salted water for 5 minutes. Heat 2 tbsp oil in a frying pan and fry the leek for 5 minutes. Add the potatoes and fry for 2 minutes. Beat the eggs with the ricotta and salt and pepper. Pour into the pan. Place the tomatoes on top, cut side up. Reduce the heat to low and bake the potato omelette with a lid on the pan for 15-20 minutes until the top has set. Meanwhile, sprinkle the lettuce leaves with the rest of the oil and salt and pepper. Cut the potato omelette into points and divide over 2 plates. Serve with the lettuce.

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Nutritional value per person:

Energy:	535 kcal
Protein:	20.2 grams
Carbohydrates:	51.5 grams
- including sugars:	11.0 grams
Fat:	25.6 grams
Fiber:	8.5 grams
Salt:	1.5 grams