



Vegetable tortilla without potatoes

This quick vegetable tortilla doesn't need any potatoes at all – with peppers, tomatoes and spicy Manchego. Ideal for a light lunch or dinner.

Zutaten

1 Portionen

Tortilla ingredients

1 Onion, red
0.5 Paprika, red
1 Tomato
50 g Manchego
1 TL Parsley
4 Eggs
1 Pinch Paprika powder, smoked
1 Pinch Baharat
Byodo Roast Olive Mediterranean
Byodo extra virgin olive oil, from Spain
Byodo Fine Premium Organic Sea Salt
Pepper, black

Topping ingredients

10 Cherry tomatoes
Garden herbs for garnishing
Byodo extra virgin olive oil, from Spain

Zubereitung

Cut the onion, bell pepper, tomato and Manchego into small cubes. Chop the parsley.

Heat plenty of Byodo Brat-Olive in an ovenproof frying pan and fry the onion, bell pepper and diced tomatoes over a medium heat.

Mix the eggs in a bowl with the parsley, Manchego, paprika powder, Baharat, Byodo sea salt and pepper.

Add the egg mixture to the vegetable pan, stir briefly so that everything is well distributed. Now pour the extra virgin olive oil over it. Then cook in a preheated oven at 140 °C for approx. 15 minutes.

In the meantime, quarter the cherry tomatoes and marinate with a little Byodo olive oil and salt.

Turn the finished tortilla out onto a plate and garnish with the tomatoes and fresh herbs.