

Epping  
Forest

**foodbank**



**TUNA**

**TORTILLA**

SERVES 2



# TUNA TORTILLA

## Ingredients

1 tin tuna

1 small onion, peeled and finely chopped

Knob of baking butter

4 medium eggs

1 tin of new potatoes

45g flat leaf parsley (optional)

Salt and pepper (optional)



# TUNA TORTILLA

## Recipe

- 1 | Cut the potatoes into 1cm sized cubes.
- 2 | Beat the eggs then combine with the potatoes, tuna, parsley (if using) and then season with salt and pepper (if using).
- 3 | Melt a small amount of butter in a frying pan, add the onions and gently fry for 3-4 minutes until soft but not coloured.
- 4 | Add the egg mixture to the frying pan with the onions. Stir the mixture over a medium heat until it begins to set.
- 5 | Once the tortilla has fully set, remove from the heat and serve.



# TUNA TORTILLA

## Cost

Tuna - 59p

Onion - 10p

Baking Block - 5p

Eggs - 56p

Potatoes - 39p

Parsley - 35p

TOTAL - £2.04

