



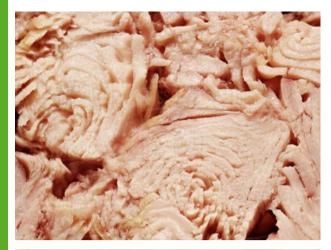




# TUNA TORTILLA

### 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 leave 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

