



Spanish Potato Bake with Spicy Dipping Sauce

Ingredients

For potato bake

- 3tbsp vegetable oil
- 1 onion, peeled and sliced into rings
- 1 red pepper, deseeded and diced
- 2 garlic cloves, peeled and crushed
- 2tbsp smoked paprika
- 2 x 540g tins of potatoes, drained and sliced
- 100g frozen peas
- 6 medium eggs, beaten
- 1 tomato, sliced or cut into chunks
- 50 - 70g Cheddar cheese, grated
- Sea salt and black pepper

For spicy dipping sauce

- 2tbsp sriracha sauce
- 6tbsp mayonnaise
- Splash of semi skimmed milk
- Salad to serve (optional)



Sally's Tips

“Use a knife to pierce in the centre of the dish to make sure the egg has set.

This is delicious served cold and cut into chunks.”

Preparation time

25
mins

Cooking time

35
mins

Step 1.

Preheat the oven to 200°C, 180°C Fan, Gas Mark 6.

Step 2.

Meanwhile, heat the oil in a non-stick large deep sided frying pan and fry the onions for 3 minutes, stirring occasionally.

Now add the garlic, cook for a further minute.

Reduce the heat and add the smoked paprika. It will absorb the oil, so if it becomes a little too dry, add another splash of oil.

Step 3.

Now add the red peppers and sliced tinned potatoes to the pan and fry for a few minutes, allowing the vegetables to start to colour.

Add the peas, stir, season and remove from the heat.

Step 4.

Spoon the mixture into a roughly 25 x 22 cm rectangular pyrex or enamel baking dish.

Evenly spread the mixture in the dish.

Step 5.

Pour the eggs over and allow them to seep into the vegetables. Lay the tomatoes over the dish.

Scatter the cheese over the top. Cook for 25 minutes or until the egg has set. Remove from the oven and allow to cool for a few moments.

Step 6.

Meanwhile, mix together the sriracha sauce with the mayonnaise. Add a splash of milk to make a pouring consistency.

Serve squares of the frittata with a good drizzle of the sauce and some salad leaves.



Sally's Tips
“Great for picnics: The dish will keep chilled for 48 hours in the fridge, making it a great recipe to make and use for packed lunches or picnics.”