電点家政中心 TAAWS HOME ECONOMIC CENTRE

西班牙蛋煎薯餅

SPANISH POTATO EGG TORTILLA

By Carmina Sanchez

- 1. 煙肉 5 片, 拖水, 切粒,
- 2. 洋葱 2 個, 切片
- 2. 薯仔 3 個去皮, 切粒, 煎熟,
- 3. 雞蛋 5-6 只,打散加入適量鹽.
- 4. 混合雞蛋和薯仔成混合料.
- 5. 燒熱平底鑊,落油,爆香煙肉,洋葱,再加入雞蛋,薯仔粒混合料,煎熟,切件供食.
- 1. Bacon 5 slices, chopped, Onion slices.
- 2. Cut potatoes into small cubes, fry until cooked. Add in onion and bacon
- 3. Beat 5-6 eggs, seasoned with salt. add to above mixture
- 4. Heat frying pan, add oil, fry mixture until cooked.
- 5. Cut and serve.

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