



Food For Thought Recipe and Allergen Card

Spanish Omelette

30 Portions

Ingredient	Hannah Product Code	Quantity
Left-over cooked vegetables		3kg
Eggs (Beaten)	C000350	24
Salt and Pepper		To taste
Mixed Herbs	D001161	
Cooked Potatoes (either new or just boiled)		
Milk	C003055	200 ml

RECIPE METHOD – ALLERGENS

1. Generously arrange the cooked vegetables and potatoes in a ceramic baking dish
2. Beat the eggs in a mixing bowl, add the milk and season with salt and pepper
3. Add mixed herbs and mix well
4. Pour the egg mix over the vegetables
5. Cook in a pre-heated oven at 170°C for 15-20 minutes, until cooked through, and golden on the top
6. Allow to stand for 5 minutes before serving with fresh salad

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...