

INGREDIENTS:

6 sausages
500g potatoes
2 large onions
1 tablespoon herbes de
Provence
6 free-range eggs
Sea salt
Freshly-ground black pepper
Sunflower oil

TIME: 30 mins

SERVING: 4 people



Prick the sausages with a fork and simmer in salted water for 10 minutes. Drain, dry and cut into half-inch rounds. Heat a little sunflower oil in a frying pan, brown the sausages on both sides and reserve. Peel and thinly slice the onions. Peel and halve the potatoes and cut into slices the thickness of a pound coin. Boil in salted water for eight minutes and drain thoroughly. Add enough sunflower oil to a large frying pan to comfortably cover the base, heat over a moderate flame, add the potato slices and dry briskly for a couple of minutes until they start to brown. Add the onions and continue cooking until they are soft. Beat the eggs in a large bowl, season well and add the herbs and the sausage rounds. Slide the potatoes and onions into the bowl, stir well to coat then return to the pan and cook for two minutes. Once the top of the omelette has firmed place a plate over the pan, invert the omelette onto it then slide back into the pan and cook the other side for a further two minutes. Serve in generous wedges with crusty bread and chilli relish.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: