

Create a Beta Potato Tortilla

— with Chef Sophie Budd —



Maranca



Budd Loves



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for recipe

Whipping up a potato and silverbeet tortilla treat with Maranca

Bright golden skin and deliciously creamy flesh make this Beta Spud perfect for the more simple techniques:



Boil



Mash



Fry



Roast

Ingredients:

- ☐ 3 large Maranca potatoes cut in half and thinly sliced
- ☐ 2 cups of chopped up silverbeet
- ☐ 6 free range eggs
- ☐ Salt and pepper
- ☐ 2 tablespoons of olive oil

Method:

1. Wash potatoes. Heat the non-stick pan with olive oil add the semi-circles of sliced potatoes and fry until golden, this may take about 10 minutes. Make sure the thickest piece of potato is cooked through.

2. Add the silverbeet and mix for 2 minutes. Then pour in the beaten eggs with salt and pepper and put in an oven at 150°C until the whole thing is firm especially in the middle. Take out of the oven, leave to sit for 10 minutes to cool, then flip onto a chopping board and cut to serve.



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WA grown and produced, Beta Spuds are surprisingly healthy with virtually no fat, far less carbs than you think and more nutrients, vitamins and minerals than many superfoods. You can enjoy this recipe and many more without the guilt!

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