

Fresh for Kids Sweet potato tortilla



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Great served warm as a meal or cold in the school lunch box.

Serves: 6 kids

Preparation: 20 minutes

Cooking: 12 minutes

1/3 cup olive oil, plus extra for greasing

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900g orange sweet potatoes (Kumara), peeled and cut into 2.5 cm pieces



2 medium brown onions, halved and thinly sliced

2 tsp caster sugar

6 x 60g eggs, lightly whisked
salt and freshly ground black pepper

1. Heat 2 tbs oil in a deep frying pan over high heat. Add sweet potatoes and cook, tossing occasionally, for 10 minutes or until golden and cooked halfway through. Using a slotted spoon, place sweet potatoes into a large heatproof bowl.
2. Reduce heat to medium, add remaining oil, onions and sugar to pan and cook, stirring frequently, for 8 minutes or until light golden. Add onion mixture to sweet potatoes and set aside to cool for 15 minutes.
3. Preheat oven to 180°C. Brush a 18cm x 28cm lamington pan with oil to grease. Line base with baking paper.
4. Spoon sweet potato and onion mixture into prepared dish. Pour eggs over and gently shake pan to allow eggs to run between sweet potatoes. Season with salt and pepper to taste. Bake for 22–25 minutes or until just set and a skewer inserted in the centre comes out clean. Stand in pan to cool slightly, cut into squares and serve.

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