



Patatas Bravas

Serves: 6

INGREDIENTS:

- 3 tbsp. extra virgin olive oil
- 6 medium potatoes, peeled and chopped into bite-sized pieces
- 1 red onion, finely chopped
- 3 garlic cloves, finely chopped
- ¼ tsp cayenne pepper
- Sprig thyme
- 1 tsp sweet paprika
- ½ tsp salt
- 1x400g tin diced tomatoes or 600ml homemade passata
- 1 small handful parsley, finely chopped

METHOD:

1. Pour 2 tbsp olive oil into a large frying pan and heat the oil on medium-high until hot
2. Cook the potatoes until they are golden brown (about 10 minutes), use a slotted spoon or spatula to remove, and set aside on kitchen paper to drain
3. Heat a small frying pan and put 1 tbsp of olive oil in the pan
4. Heat over medium heat
5. Add onions and cook for 2 minutes, then add garlic, cayenne pepper, thyme and paprika, and cook for a further 30 seconds
6. Pour the tomato into the pan and sauté for 5 minutes
7. Turn heat down
8. Taste the sauce and season to taste
9. Divide the potatoes between serving platters
10. Pour the sauce over the potatoes and sprinkle with parsley

