

Sweet Potato Tortilla with Smoked Wild Alaska Salmon

Ingredients for 4 servings:

800 g American sweet potatoes
2 yellow bell peppers
1 bunch spring onions
4 tomatoes
2 tbsp. canola oil
100 g marinated olives (without stones)
8 eggs
½ TL thyme and oregano, dried
½ bunch parsley
100 g Smoked wild Alaska salmon
salt, freshly ground pepper



Directions:

1. Wash sweet potatoes, cook them for 15-20 minutes. Let them cool down a bit, then peel and cut into thin slices. Cut the bell peppers into half, remove stalks and seeds, wash and slice into stripes. Clean and cut the spring onions into rings. Wash tomatoes, remove stalks and cut into wedges.
2. Sauté bell peppers and spring onions in heated oil for approx. 8 minutes – make sure you are using an ovenproof, large enough pan. Add the sweet potatoes and tomatoes and fry them briefly. Slice olives and add them to the pan. Season with salt and pepper.
3. Pre-heat oven to 180°C top/bottom heat (160°C circulating air). Season eggs with thyme, oregano, salt, and pepper and pour over the sweet potato mixture. Bake in the oven for approx. 20-25 minutes until firm.
4. Wash, pat dry and pluck parsley and slice the salmon. Cut the lukewarm tortilla into pieces, serve with salmon and parsley.

Preparation time: approx. 1 hour

Nutrition facts:

Energy: 550 kcal/ 2310 kJ
Carbohydrates: 53 g
Protein: 25 g
Fat: 23 g

American Sweet Potato Marketing Institute

Contact: mk² gmbh, Oxfordstraße 24,
D-53111 Bonn, tel: +49 228/943 787 – 0,
email: info@mk-2.com

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