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Spanish Tuna Omelette | Tortilla de Atún

★★★★★

Course Breakfast, Main Course
Cuisine Spanish

Prep Time 5 minutes
Cook Time 20 minutes

Servings 4
Calories 183 kcal
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Ingredients

- 6 large eggs

- 2 cans tuna in olive oil 4 oz / 110 grams each
- 1 medium onion
- 2 tbsp chopped fresh parsley 8 grams
- pinch sea salt
- dash black pepper

Instructions

1. Drain the cans of tuna into a fine sieve with a bowl underneath, gently flake the tuna to remove any excess oil
2. Heat a medium sized non stick fry pan with a medium heat and add in 2 tbsp (30 ml) of the olive oil from the canned tuna
3. In the meantime, finely chop the onion
4. Once the oil is hot add in the onion, mix with the olive oil every minute or so that way the onion evenly sautes
5. While the onion is cooking, crack the eggs into a large bowl, add in the chopped parsley and season with salt & pepper, mix together until well mixed
6. After 4 to 5 minutes and the onion is lightly sauteed and translucent, remove from the heat, add the onion into the bowl with the eggs, also add in the drained tuna, mix together and let it sit so the flavors can develop
7. At the same time, heat the same pan with a low medium heat and add in 1 tbsp (15 ml) of the olive oil from the canned tuna
8. After letting the egg mixture sit for 3 minutes, add into the hot pan, gently mix so everything is in a flat layer, then cook without mixing
9. After 4 to 5 minutes run a spatula through the outer edges, this is to ensure the omelette is not sticking to the pan, then using a plate that is slightly smaller than the pan, place it over the pan and in one swift move flip the pan into the plate, slide the omelette back into the pan to cook the otherside, using the back of the spatula compact the omelette from the outer edges towards the center, cook for another 4 to 5 minutes or until the eggs are cooked through, then remove from the heat and slide into a serving dish, serve warm, at room temperature or even chilled, enjoy!



Recipe Notes

Get the Canned Spanish Tuna I used to make this Recipe

Nutrition Facts

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Amount Per Serving

Calories 183 **Calories from Fat** 72

% Daily Value*

Fat 8g	12%
Saturated Fat 3g	19%
Trans Fat 0.03g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3g	
Cholesterol 269mg	90%
Sodium 601mg	26%
Potassium 291mg	8%
Carbohydrates 4g	1%
Fiber 1g	4%
Sugar 2g	2%
Protein 22g	44%
Vitamin A 537IU	11%
Vitamin C 5mg	6%
Calcium 56mg	6%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.