

Ham & Chorizo Loaded Omelette With Sweet Potato Fries, Salad



Ingredients

- 8 eggs
- 1 onion, diced
- 100g leftover ham, chopped
 - 50g chorizo, chopped
 - 1 pinch chilli flakes
 - 75g grated cheese
- 6 - 8 cherry tomatoes, halved
 - 1 pinch mixed herbs
- 2 pinches parsley, chopped to garnish
 - 1 tsp oil
 - 40g butter
- 1 tsp each salt & pepper
- Bag of salad

For the sweet potato fries

- 2 sweet potatoes
- 2 tbsp oil
- ½ tsp salt

Methods

1. Heat the oil and butter on a low heat, add the onion - increasing the heat slightly and fry till it's soft and translucent about 5 minutes then add the chilli flakes and stir.
2. Break the eggs into a bowl and give them a mix with a fork then pour it over your onion.
3. Tilt the pan to allow the egg mix to coat the whole pan, don't stir.
4. Allow the eggs to set on the bottom - you'll see them going slightly paler round the edge of the pan-don't worry about the top being runny as it will continue to cook when you're adding the rest of the ingredients.
5. Add the ham, chorizo, herbs, tomatoes, Season with salt and pepper, then cover with the cheese.
6. Place under the grill till the cheese is melted and golden - this will also set the top if it's still a bit runny.
7. Or you can tip all the raw ingredients into a baking dish and cook in the oven at 200c for 20 minutes or in the air fryer at 180c for 15 minutes.
8. Garnish with fresh chopped parsley and cut into slices.
9. Serve with salad and sweet potato fries.

Let's make the sweet potato fries

1. Peel then cut the sweet potato horizontally as thick or thin as you'd like your sweet potato fries to be.
2. In a large bowl, mix the oil and salt until everything is well combined.
3. Toss in the cut sweet potatoes and mix around using your hands or a spoon until all of the sweet potatoes are well coated.
4. Air fry at 180°C for 10 minutes, then give them a good shake and increase the heat to max (mine is 240°C) for a further 4 minutes.