

seasonal recipe card

August is the season for... Sweetcorn Sweetcorn and Pea Tortilla

Did you know

- Farmers grow sweetcorn on every continent except Antarctica.
- We mostly eat yellow varieties of sweetcorn, but corn can also be blue, red, black and multi-coloured.
- Unlike most vegetables, sweetcorn relies on the wind for pollination rather than insects.
- Sweetcorn is an excellent carbohydrate rich in vitamin A, B and C and fibre.
- People have cultivated corn for more than 10,000 years.
- Sweetcorn is also known as maize in many countries.
- A fun way to eat corn is to make popcorn using a large pan and very hot oil.

Ingredients

- 3 eggs
- A handful of frozen peas
- A handful of tinned sweetcorn
- Pre-cooked potatoes (enough to fill the bottom of your frying pan)
- Salt and pepper to taste
- Olive oil, for frying

Method

1. Firstly, wash your hands. Then, in a bowl mix all the ingredients together except the potatoes and oil. Beat the eggs before you add them. Add the peas and sweetcorn and mix it all together.
2. With the help of an adult, slice your potatoes. These will be the base of the tortilla.
3. In a frying pan, add a little oil and when hot, add the sliced potatoes and fry until they start to turn golden. Get an adult to help with the frying, as the pan will get very hot.
4. When the potatoes are golden in colour, pour over the mixture and leave to cook on a low/med heat for about 5/10 minutes.
5. When the tortilla has started bubbling on the surface, get an adult to help you put it under a grill so the top is cooked and browned.
6. If you want to make your tortilla more exciting then you can add anything to it, such as bacon, or cheese etc. Cut into fours and eat it on its own or with salad.

