

Proper Patatas Bravas

Delicious smoky tomato sauce with a little chilli, roasted potatoes, and not a soggy chip in chilli mayo in sight (in case that's what you've experienced on the Costa del.....) Even taking into account cooking losses this dish is rich in immune-supporting vitamin C and a doddle to make. If you happen to have lots of fresh tomatoes, then make this even more authentic by using chopped fresh tomatoes instead of canned. The tomato sauce is a great basic so why not make double the quantity you need and freeze half.

Makes 4 starter size portions

Preparation time 15 minutes

Cooking time: 45 minutes

For the potatoes

650g roasting potatoes such as Maris Piper or King Edward, scrubbed and cut into 2 cm cubes
2 tbsp vegetable oil

For the sauce:

1 tbsp olive oil
1 medium onion (160g), finely chopped
2 cloves garlic, crushed
1 tsp smoked paprika or regular if you prefer,
1 tsp chilli powder (optional)
400g can chopped tomatoes in tomato juice
2 tbsp tomato puree
Pinch of sugar
Black pepper

To serve: 2 tbsp chopped parsley



Method

1. Preheat the oven to 200°C, 180°C for fan assisted ovens and gas mark 6
2. Place the oil in a roasting tin and heat in the oven until hot.
3. Tip in the potatoes and turn them to coat in the oil
4. Roast the potatoes, turning occasionally until golden and crisp – 40-50 minutes.
5. Meanwhile prepare the sauce by heating the oil in a non stick saucepan and frying the onion until softened.
6. Add the garlic, spices, canned tomatoes and puree, and stir in a pinch of sugar.
7. Bring to the boil, stirring and then simmer for 10-15 minutes until the sauce is pulpy and soft.
8. Season with black pepper.
9. When the potatoes are cooked place in a serving dish and cover with the sauce.
10. Sprinkle over chopped parsley.

Tip: there's no need to peel the potatoes, just make sure they are well scrubbed.

Variation: Omit the spices from the sauce and add your favourite herbs, or drop in a few black olives, some lemon zest, or add chopped peppers to the sauce.

Serving suggestion: Serve as part of a tapas style meal, with cold meats, Spanish cheeses or anchovies.

Storage: The sauce may be kept in an airtight container and refrigerated for up to 2 days. Alternatively freeze the sauce, thaw and serve with fish, pasta or chicken.

Nutritional analysis per portion

<i>Data is per portion, . And takes account of cooking losses.</i>			
Energy kcal	236	Protein g	5.8
Carbohydrate g	35.6	Fibre g	5.2
Of which sugars g	7.3	Salt g	0.2
Fat g	9.1	Vitamin C	22.7
Of which saturates g	0.8		