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Patatas Bravas



Ingredients

2 red peppers
2-3 tablespoons of olive oil
1 red onion
3 cloves of garlic
1 green chilli
2 teaspoons of smoked paprika
A squeeze of tomato puree
400g chopped tomatoes
Half a teaspoon of demerara sugar
Salt and freshly milled black pepper
900g baby new potatoes
A generous handful of fresh parsley

Preparation

1. 1. Quarter the red peppers, remove the seeds and stalks then place them, skin side up, under a hot grill to roast until the skin begins to blacken and blister. Allow to cool for a few minutes then put them into a plastic bag in the fridge to cool completely. Remove the skin
2. when they are cold the skin will peel off easily. Chop the peppers into small pieces and put to one side.
3. 2. Now make the sauce. Peel the onion and chop it very finely. Heat a tablespoon of olive oil gently in a saucepan and sauté the onion for 4-5 minutes, until it is soft but not brown. Peel and crush the garlic, deseed and finely chop the chilli and stir both into the softened onion and cook for a further 2 or 3 minutes. Sprinkle in the smoked paprika and the tomato puree and stir, then add the chopped tomatoes, chopped peppers and sugar and leave to simmer gently for 10-12 minutes, stirring occasionally. Season to taste with salt and pepper.
4. Transfer the sauce to a bowl and chill in the fridge for a good few hours, even overnight if you can.
5. 3. Preheat the oven to 200 degrees or 180 degrees fan oven. Wash the potatoes, halve

them if they are baby ones or cut into small chunks if they are bigger, then pat dry with kitchen towel. Heat a tablespoon of olive oil in a large baking tin in the oven for a few minutes, before adding the potatoes and tossing them in the hot oil. Drizzle a little more oil over the top, or spray with an oil spray, then roast for 45-50 minutes, turning them midway through the cooking time. They should be golden and crunchy!

6 4. When the potatoes are almost ready, reheat the prepared sauce and finely chop the parsley. Serve the potatoes hot from the oven in a large bowl for sharing, or in individual dishes, with the sauce spooned over and the chopped parsley sprinkled on the top.

Cooks Note

This recipe has many uses; it can be a traditional tapas, accompanied by many other small dishes, but can also be used as a side dish or to make a main meal. Here are just a few ideas:

- Simply serve for lunch or a quick supper with thick slices of garlic bread.

- Serve it to accompany slices of your favourite cold meat or cheese, with a fresh salad or crusty bread.

- To make a main meal, try grilling then adding chunks of chorizo or your favourite sausage to the potatoes. Or serve alongside a grilled chicken breast or prawns.

- For vegetarians, increase the vegetable content by adding broccoli florets, or chopped courgettes sautéed in butter.

- The sauce is really versatile; if you have some left over, it tastes delicious on any kind of pasta, or on meatballs.

- To lower the carbohydrate content, try roasting sweet potatoes instead.