

Bacalhau à Brás

Creamy scrambled eggs, crisp potato and flaked tuna in one skillet

SERVES

2

PREP

20 min

COOK

25 min

LEVEL

Medium

PER SERVING

540 kcal, 31 g protein

Ingredients

4 large, beaten (about 200 g) eggs

120 g (about 1 can) canned tuna in water, drained

2 medium (300 g), cut into thin matchsticks potato

1 medium (100 g), thinly sliced onion

2 cloves (6 g), minced garlic

5 tbsp (75 ml), divided olive oil

8, pitted and halved (30 g) black olives

2 tbsp, chopped (8 g) fresh parsley

to taste salt

1/4 tsp (0.5 g), or to taste black pepper

Method

- 1 Pat the potato matchsticks dry. Heat 4 tbsp oil in a wide nonstick pan over medium heat. Fry, tossing every minute, until golden and crisp, 12 to 15 minutes. Lift out and season with salt.
- 2 In the same pan add the remaining 1 tbsp oil and the onion. Cook over medium heat until soft and pale gold, 5 to 6 minutes, with a small pinch of salt.
- 3 Stir in the garlic and cook until fragrant, about 30 seconds, taking care it does not brown.
- 4 Add the drained tuna, breaking it up with a fork, and warm through for 2 minutes. Season with the black pepper.
- 5 Return the fried potatoes to the pan and toss gently with the tuna and onion for 1 minute. Lower the heat right down.
- 6 Pour in the beaten eggs with a pinch of salt. Stir slowly and constantly until just softly set and creamy, 2 to 3 minutes, then remove from the heat while still slightly loose.
- 7 Scatter the olives and parsley over the top and serve at once, while the eggs are still warm and creamy.

CHEF TIP

Pull the pan off the heat while the eggs still look glossy; they keep cooking and turn dry fast.

WHY A GOOD EGG SHOWS HERE

A rich golden yolk turns into a silky sauce that coats every potato stick, so the dish stays creamy instead of dry.



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