

Q&A



Francisco Góngora Cañizares
President
Hortyfruta

Last week, Hortyfruta elected new president Francisco Góngora Cañizares at its annual general meeting in **ANDALUSIA**

Fears over long-term sustainability

What key is address in the main of the broadening sector the played in the news about Hortyfruta? Hortyfruta it was

New Hortyfruta president Francisco Góngora Cañizares has expressed concern over the sustainability of the sector. Price increases in inputs and general production costs have not been accompanied by rises in returns to growers, he claimed. "This has really pressurised production margins. If we add to

this the results of other multiple factors, such as the crisis in consumption levels, the whole activity is getting closer and closer to values that simply render production an ineffectual endeavour," he said. Working together to ensure the sector is well-represented is vital for the future, he added. See Q&A, page 14



— Production costs have hit the salad sector hard

02 DECEMBER 2011 — FRESHPRODUCE

What's Hortyfruta's vision for the future? It comes from unity and synergy of effort. We have to work collectively, uniting our efforts and forgetting about individuality. We'll see the results in the medium term.

Fears over long-term sustainability

New Hortyfruta president Francisco Góngora Cañizares has expressed concern over the sustainability of the sector.

Price increases in inputs and general production costs have not been accompanied by rises in returns to growers, he claimed.



"This has really pressurised production margins. If we add to this the results of other multiple factors, such as the crisis in consumption levels, the whole activity is getting closer and closer to values that simply render production an ineffectual endeavour," he said.

Working together to ensure the sector is well-represented is vital for the future, he added.

[Return to list](#)

ANDALUSIA

FRUIT ATTRACTION: 24-26 OCT 2012

COMMENT
—Export

Need to return pride to Andalusian agriculture

ALMERIA—Andalusia's fresh produce sector has reached the point of no return. Urgent action must be taken now if the industry is to ensure its future survival.

From the point of view of the greenhouse agricultural sector in Andalusia, 2011 was particularly difficult and difficult year. Hortyfruta notably carried out an analysis of the sector in order to base and around its 2012-13 health and present situation. The preliminary conclusion drawn is that the region's agricultural sector is in a critical condition.

Recent adverse low prices, to be difficult at the sector has been being compressed on the one hand and profitability on the other as a result of the agreement in the date of production, the magnitude of prices and the lack of moderation of greenhouse. But the main concern seems, likely, has been one that has not yet been brought to the sector to the point of return.

Spending in general terms, the result of the season was a negative one, with figures showing a 9 per cent decrease in the value of sales and a fall in prices of 15 per cent. Therefore, the work we are carrying out now is necessary because this situation is causing the central pillar of the Andalusian economy to collapse and accumulating a double effect that has now spread to other sectors. In the case of the agri-food industry, Almería alone had 20 companies active in 2010. By 2011, this number had dropped to 10 companies. This is a clear symptom of the profound structural and financial crisis that the horticulture sector and the economy in general are going through.

Hortyfruta believes this situation is unsustainable for the sector.

Now more than ever we need only among all elements of the horticulture-cooperative sector to work together in the same direction to achieve a production and sales model that is profitable, well grounded and modern. We also have to reach the stage where the offer is in line with the local demand.

As well as this, Hortyfruta has asked the different administrations within Andalusian provinces to change the current model of arranging contracts and to take action against abusive practices in the fresh produce supply chain.

All of this is necessary so that growers do not have to sell their products at prices far below the cost of production.

Cooperatives, farmers and consumer protection and sales from major Spanish production provinces Almería all suffered dramatic falls during the 2010/11 season, although pepper and watermelon sales recorded just a dramatic increase.

As a whole, the result of the season in the south-western province was a negative one, with the value of export sales down by 14 per cent. From the previous season, despite the volume of fresh produce sold rising slightly by 4 per cent.

According to figures from Almería association Coexhpal, growers in the province sold 2.2m tonnes of asparagus, courgettes, cucumbers, green beans, melons, peppers, tomatoes and watermelons, with a total value of €1.2m.

However, Coexhpal said that the majority of products displayed a similar pattern of an increase in production accompanied by a fall in sales value.

In the case of tomatoes, production rose by 6 per cent and sales dropped 17 per cent, but total sales value by the same percentage.

The most dramatic fall was recorded in courgettes, which decreased in terms of both volume and sales value, by 44 per cent and 48 per cent respectively.

In contrast, watermelon volumes increased by 11 per cent, while sales were up 59 per cent compared with the previous season, while higher production of green beans (2 per cent) was matched by a rise in sales of 29 per cent. Although pepper volumes dropped by 2 per cent, sales also increased by 9 per cent, Coexhpal added.

REGIONAL FACT
Last six per cent of horticulture crop: asparagus, courgettes, cucumbers, green beans, melons, peppers, tomatoes and watermelons - and the product being highlighted are several systems, bearing 20,000 to 40,000, low production.

FRUIT ATTRACTION: 24-26 OCT 2012



FRUIT ATTRACTION: 24-26 OCT 2012





38 TRADE SHOW '12

TRADE SHOW '12 37

XXVII EXPO AGRO ALMERIA TO TAKE PLACE ON 18-20 APRIL 2012

The organizing committee of the Southern Spanish exhibition has decided the dates of the next edition, whose key mission will be exporting Almería Model as benchmark in the agricultural field.



19/12/2011 12:10

The professional association Hortyfruta has recently joined the organizing committee, which is constituted by the Chamber of Commerce of Almería, the associations Coexhpal, Asaja, COAG, Tecnova and Ecohal, the University of Almería and some local companies and agencies.

One of the decisions they took is the ratification of Agro Expo's dates in 2012, which are going to be from 18 to 20 April (and not at the beginning of the month) at the Palace of Congresses and Exhibitions Chamber of Almería. Also, a new director has been appointed specifically for the event, a proven experienced professional in the sector, Mr. Maximo Duarte Narvaez.

The event has been defined as "the Almería Model International Fair: Agriculture and Food Security". According to its president: "This concept sums up the idea on which we started working last year, to become the meeting point of the agricultural sector with all its stakeholders. In Almería only it is possible to organize an agricultural fair joining all the actors involved, from farmers to traders to service industries and associations and all bodid involved in the agricultural process".

[Return to list](#)

Andalusian produce makes 'practically no profit'

Fruit and vegetable growers in Spain's Andalusia region are in "grave danger" as practically no product made a profit in the first quarter of the new season, the industry's trade association has said.



Trade organisation Hortyfruta has issued the warning as figures show the value of against the previous period.

The total volume of product price has dropped 22 per cent.

In a statement, Hortyfruta has regional authorities to take "immediate action".

It has said the analysis shows the sector cannot continue at the mercy of the current season.

The statement said: "If the situation continues, the sector will disappear, along with it where the economy directly depends on it, around 30 per cent."

Spanish season opens with 'ruinous' prices

[Steven Maxwell](#) | 19 December 2011 | [Print](#) | [Download](#) | [Comment](#) | [Share](#)

More support for growers needed at national and European level to ensure sector's survival, says Hortyfruta

Vegetable producers from Spain's Andalusia region continued to suffer "ruinous prices" during the first three months of the 2011/12 season, with the value of products sold up to November 2011 dropping by 23 per cent compared with the same period a year before.

During the first three months of the new campaign (September, October and November), Andalusian association Hortyfruta said that although the total volume of products sold increased by 5 per cent, the average price paid fell by 22 per cent from the opening trimester of the 2010/11 season.

In fact, the organisation said that "virtually no product" registered positive prices during the period, with returns for tomatoes and peppers dropping by an estimated 30 per cent and 32 per cent respectively.

Other products also showed similar decreases, with a 19 per cent fall in average prices for cucumbers leading to an 18 per cent drop in returns, despite a 7 per cent increase in volumes compared with the previous season.

FOOD

A taste of Spain

Add some Andalusian magic in the lead up to the festive season

ROSCON DE REYES - THREE KINGS CAKE

SERVES 12-15
450g flour
3 eggs
100g sugar
100g butter
10g baking powder
100g milk
200g apricot jam
200g orange marmalade
200g almond paste
200g marzipan
200g icing sugar
200g white cream
200g pink and blue marzipan
200g gold and silver marzipan

1. Mix the baking powder and 40g of the milk and add to 100g of the flour. Mix together until it forms a dough-like mixture - add sugar and butter and knead for 10 minutes.
2. Place the rest of the flour (300g) in a bowl and add the eggs, sugar and apricot jam. Mix until smooth. Add the milk and knead for 10 minutes.
3. Place the dough in a bowl and add the apricot jam and orange marmalade. Knead for 10 minutes.
4. Roll the dough into a ball and add the apricot jam and orange marmalade. Knead for 10 minutes.
5. Roll the dough into a ball and add the apricot jam and orange marmalade. Knead for 10 minutes.

ANDALUSIAN COURGETTE TORTILLA WITH ROAST CHERRY TOMATOES

SERVES 4
200g courgette
200g olive oil
200g cherry tomatoes
200g chorizo
200g onion
200g garlic
200g paprika
200g salt
200g pepper

1. Prepare the courgette by washing and drying it. Cut into 1cm thick slices and fry in olive oil for 10 minutes.
2. Heat the oil in a pan and add the courgette. Fry for 10 minutes.
3. Add the chorizo and onion. Fry for 10 minutes.
4. Add the garlic and paprika. Fry for 10 minutes.
5. Add the salt and pepper. Fry for 10 minutes.

ANDALUSIAN BEAN AND CHORIZO POTAJE

SERVES 4
200g beans
200g chorizo
200g onion
200g garlic
200g paprika
200g salt
200g pepper

1. Heat the oil in a pan and add the chorizo and onion. Fry for 10 minutes.
2. Add the beans and paprika. Fry for 10 minutes.
3. Add the salt and pepper. Fry for 10 minutes.

A taste of Spain

Add some Andalusian magic in the lead up to the festive season

ROSCON DE REYES - THREE KINGS CAKE

SERVES 12-15
450g flour
3 eggs
100g sugar
100g butter
10g baking powder
100g milk
200g apricot jam
200g orange marmalade
200g almond paste
200g marzipan
200g icing sugar
200g white cream
200g pink and blue marzipan
200g gold and silver marzipan

1. Mix the baking powder and 40g of the milk and add to 100g of the flour. Mix together until it forms a dough-like mixture - cover with a clean tea towel and set aside until it doubles in size.
2. Place the rest of the flour (300g) in a bowl and add the eggs, sugar, apricot jam and rest of the marmalade. Mix well then add the butter and continue mixing for a further 2-3 minutes then add the dough mixture - knead until smooth. Roll out on a floured surface and cut into a ring shape. Bake in an oven at 180C for 15-20 minutes.
3. After 2 hours, knead the mixture then put it in a ring shape on a greased baking tray. Decorate with the dried mixed peel and place cherries. Brush with milk and bake in an oven at 180C for 15-20 minutes.
4. When cool, whip the cream and place the bun in the well. Fill it with whipped cream (you can hose this by using a piping bag).

ANDALUSIAN BEAN AND CHORIZO POTAJE

SERVES 4
200g beans
200g chorizo
200g onion
200g garlic
200g paprika
200g salt
200g pepper

1. Heat the oil in a pan and cook the chorizo and onion for 3 minutes. Add the tomatoes and onion and cook for 5 minutes.
2. Add the butterbeans and bay leaves and simmer for a further 15 minutes.
3. Remove 200g juice from the pan and place in a blender with the bread and garlic. Blend until smooth.
4. Pour into the pan with the green beans and cook for an additional 15 minutes.
5. Serve with chunks of crusty bread.

SUNDAY, NOVEMBER 16, 2014

For further recipe inspiration visit www.bbc.com/food

King's Day Feast



Celebrated twelve days after Christmas, on the 6th January, King's Day is seen as the end of the festive season and commemorates the arrival of the Three Wise Men. So mark the occasion with these traditional Spanish King's Day recipes from www.andalusianfreshproduce.co.uk



Andalusian Courgette Tortilla with Roast Cherry Tomatoes

This tortilla is traditionally served with Roscon de Reyes (Three Kings Cake) which is enjoyed by Spanish families for breakfast or lunch on the 6th January to commemorate the arrival of the Three Wise Men.



A break from our tradition ...

NORMALLY baked after Christmas by Andalusian families, Roscon de Reyes, is otherwise known as Three Kings Cake.

Traditionally served with an Andalusian tortilla or Spanish Omelette it is eaten either at breakfast or lunch during the festive period.

Roscon de Reyes - Three Kings Cake

(Makes a 15in cake)

Ingredients:

400g flour
 3 eggs
 100g butter
 100g sugar
 1 tsp baking powder
 1/4 litre milk
 Zest of 1 lemon
 Dried mixed peel for decorating
 Glace cherries for decorating
 Salt

250ml whipping cream for filling
 Model king/animal toy/butterbean for decoration (optional)

Method

1. Mix the baking powder, 4 tbsp of the milk and add this to 100g of the flour. Mix together until it forms a dough like mixture - cover with a clean tea towel and set aside until it doubles in size.



2. Place the rest of the flour (300g) in a bowl and add eggs, sugar, pinch of salt, the rest of milk and zest of the lemon. Mix well, add the butter and continue mixing for a further two mins. Add the dough mixture - once a smooth dough has been achieved cover and set aside for two hours.

3. After two hours knead mixture, put in a ring shape on a greased baking tray. Decorate with the dried mixed peel and glace cherries. Brush with milk and bake at 180°C for 15-20 minutes.

4. When cool, whip the cream and slice the bun in half. Fill with whipped cream (you can hide the toy, model king or butter bean in the cream). Slice and serve.

Andalusian Courgette Tortilla with Roast Cherry Tomatoes

Serves: 4:

500 g courgettes, sliced
 6 tbsp olive oil
 Salt and pepper
 3 spring onions, chopped
 350 g cherry tomatoes (on the vine)
 6 eggs

Preheat the oven to 200°C/400°F

1. Heat three tablespoons of oil in a pan then add the courgettes and fry till brown. Season with salt and pepper. Heat another tablespoon of oil and sauté the spring onions. Keep one tablespoon of chopped spring onions back for garnish.

2. Place the tomatoes on the vine in an ovenproof dish. Drizzle with one tablespoon of oil and bake in the oven for 10-12 minutes until they start to burst. Season with salt and pepper.

3. Whisk eggs with salt and pepper and add the courgettes and spring onions. Heat one tablespoon of oil in a pan (ovenproof handle), place the egg mix in the pan and fry it for three minutes. Place the pan in the oven and bake the tortilla for 5-7 minutes. Place the tortilla on a plate and slice it. Top it with the chopped spring onions and pepper. Serve with the roast tomatoes.

Ingredients

Serves: 4

600g courgette
6 tbsp olive oil
pinch salt and pepper
3 spring onion, chopped
350g cherry tomatoes
6 eggs



Preparation method

Prep: 20 mins | Cook: 20 mins

1. Preheat the oven to 200°C / 400°F
2. Heat 3 tablespoons of oil in a pan add the courgettes and fry till brown. Season with salt and pepper. Heat another tablespoon of oil and saute the spring onions. Keep one tablespoon of chopped spring onions back for garnish.

Huevos a la flamenca - Andalusian Flamenco Eggs

★★★★★ Review it

Eas



➕ Add a picture

1 of 1 ◀▶

Perfect if friends drop in or after an exhausting day at the sales this traditional Andalusian meal is bursting full of [healthy](#) tomatoes or peppers and ... [See more](#)

🕒 Ready in 45 mins

Ingredients

Serves: 4

2 tablespoons olive oil

🖨️ Print friendly

✉️ Email a friend

TRICKY SCRUMPTIOUS

PASTA MAKING

A range of pasta making machines has been launched by Giffoni. From the economical hand-cranked manual pasta maker to the professional-grade pasta maker, Giffoni has a machine to suit every budget. The hand-cranked manual pasta maker is perfect for those who want to make their own pasta at home. The professional-grade pasta maker is perfect for those who want to make their own pasta in a professional kitchen.



ANDALUSIAN COURGETTE TORTILLA WITH ROAST CHERRY TOMATOES

Why choose this? This recipe is perfect for those who want to make their own pasta at home. The hand-cranked manual pasta maker is perfect for those who want to make their own pasta at home. The professional-grade pasta maker is perfect for those who want to make their own pasta in a professional kitchen.



HAVE A SOUP-ER START TO THE NEW YEAR

The people at Sue V... have created a whole year of soup recipes, on...




► **The Scrum**

frequency : Monthly
 Media : Press
 Types of sources : Consumer Press
 Topics : Sports & Leisure
 Audience : < 50 000
 Circulation : From 10 000 to 100 000
 Page : 46



Extracted on the 28 déc. 2011
 N°111201 - 01/12/2011

ANDALUSIAN COURGETTE TORTILLA WITH ROAST CHERRY TOMATOES HAVE A SOUP-ER START TO THE NEW YEAR The people at Sue V... have created a whole year of soup recipes, on...

Andaluz Huevos a la Flamenca

This easy recipe is just what's needed at Christmas after you've feasted on turkey till you can't take any more! With supermarkets now full of tasty sun-drenched Andalusian fresh produce there is no excuse for not whipping up healthy lunches and suppers over the holiday. Perfect if friends drop in or after an exhausting day at the sales this traditional Andalusian meal is bursting full of healthy tomatoes and peppers and only takes a few minutes to prepare.

- Ingredients (Serves 4)** 15 min prep, 30 min cooking
- 2 tablespoons olive oil
 - 1 onion, finely chopped
 - 2 red peppers finely chopped
 - 2 garlic cloves, finely chopped
 - 500g fresh tomatoes grated on a cheese grater
 - 1 Teaspoon smoked paprika
 - 8 eggs
 - 8 slices of semano ham
 - 8 thin slices of chorizo
 - 1 Cup of frozen peas (defrosted and drained)
 - Chopped parsley to taste
 - Salt and pepper to taste
- You'll also need 4 medium sized ramekins

- Preparation**
1. Make a 'sofrito' by frying the onion and peppers slowly in the olive oil, when they're soft add the garlic (approx: 10min)
 2. Continue to fry briefly until the garlic releases its aroma then add the tomatoes and smoked paprika and fry the sofrito gently for 15 min. Season to taste
 3. Divide the sofrito into 4 ramekins, break 2 eggs on top of each and place 2 slices of ham, 2 slices of chorizo and a handful of peas on top.



LANCA

for celebr...
 a nationa...
 Sue V...
 pressed...
 Year p...
 sian Ch...



The world's best olives!

DESCRIBED by Carmen Bermejo as the "Andalusian Delicacy of cooking", olive oil is the perfect accompaniment to the world's best olives. The olive oil is the perfect accompaniment to the world's best olives. The olive oil is the perfect accompaniment to the world's best olives.

GRASED ANDALUSIAN CHICKEN IN SPANISH OLIVE SAUCE

Preparation time: 3 minutes
 Cooking time: 30 minutes

Ingredients:

- 3 fresh large chicken thighs
- 1 head of garlic
- 1 Spoonful of flour
- 2 teaspoons of fresh rosemary
- 1 sprig of dry white wine
- 1 glass of dry white wine
- Black pepper powder
- 1 glass of water
- 200g of pitted green and pitted black Spanish olives

Salt

Place a whole hen over a high heat and add a touch of olive oil. Then lightly season the chicken thighs and brown in the oven. Place skin side down, as they will release a touch of fat which will help to brown the rest of the ingredients.

Once both sides are golden, add 100ml water and start basting the thighs.

When golden, add the flour and stir constantly for 1 minute so that the flour doesn't become doughy or lumpy.

Heat the chicken back in the pan, add rosemary and white wine. Stir the sauce to absorb the flour and reduce the wine by half to form the thickened and add the olives that the dish needs.

At this point, add the black pepper, the glass of water and the olives and simmer the dish for approximately 20 minutes. Until the chicken has been cooked and the ingredients have become tender in a rich, rich sauce.

Turn the seasoning and taste process.




ANDALUSIAN

Taste the Andalusian Sunshine!

At this time of year, the freshest peppers, tomatoes, aubergines and courgettes are coming into season in Andalusia, and can be found in your local supermarket.

Nurtured by southern quality days hot summers and mild winters and grown using biological control to minimise the use of pesticides, the fresh produce is farmed as nature intended using sustainable methods. The heart-healthy Mediterranean diet emphasises sun-ripened fruit and vegetables and has been proven to reduce risks of developing high blood pressure, high cholesterol and obesity, so bring a taste of Andalusian sunshine to your New Year!

Andalusian Soupy Seafood Rice
(Arroz Caldoso de Mariscos)

30 min preparation • cooking time 1hr • (Serves 4)

Ingredients

4 tbsp olive oil • 1lb of white rice • 4 garlic cloves (minced)
 1 onion • 1kg fresh mussels • 100g raw shell on prawns
 2 onions (finely chopped) • 1 green pepper (finely chopped)
 1 red pepper (finely chopped) • 4 ripe tomatoes (finely chopped)
 1 red pepper (finely chopped) • 1 cup of frozen peas (defrosted and drained)
 1 litre of frozen peas • 1 cup of frozen peas (defrosted and drained)
 1kg of frozen peas • 1kg of frozen peas (defrosted and drained)

1. Wash the mussels in hot water for 30 mins, then add dehydrated them.

2. Heat a large pot of water on a high heat and bring to a rolling boil. Add a pinch of salt and a few drops of olive oil. Add the rice and stir to coat. Add the mussels and the prawns and cook for 5 minutes. Add the peas and cook for 5 minutes. Add the peas and cook for 5 minutes.

3. Check that all the mussels have opened. Remove the mussels from their shells and reserve, leaving a handful of mussels in their shells for presentation. Heat the prawns and set aside. Reserve the heads and the shells of the prawns and add to the water for 10 mins to make a stock, covering the shells with a spoon or potato masher as it boils.

4. Strain and add to the mussels to create a seafood stock. Season the seafood stock with salt and pepper. Fry the onion, garlic and add more water and season accordingly. Fry the onion, garlic and add more water and season accordingly. Fry the onion, garlic and add more water and season accordingly.

5. Add the tomato and minced mussels and continue to fry for 5 minutes. Add the stock to the pan with a splash of oil and stir together. Add the stock to the pan with a splash of oil and stir together. Add the stock to the pan with a splash of oil and stir together.

6. After 15 minutes add the prawns, mussels and the peas. Cook them down into the rice for 5 minutes. Serve and garnish with parsley and the remaining mussels in their shells.



New Year - FRESH START!

www.andalusianfreshproduce.co.uk

Eat Andalusian! - Andalusian Flamenco Eggs Recipe

With supermarkets now full of tasty sun-drenched Andalusian fresh produce there is no excuse for not whipping up healthy lunches and suppers.

Perfect if friends drop in or after an exhausting day at the sales this traditional Andalusian meal is bursting full of healthy tomatoes and peppers and only takes a few minutes to prepare.

Andaluz Huevos a la Flamenca (Andalusian Flamenco Eggs)

Ingredients (Serves 4)

15 min prep, 30min cooking

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 red peppers finely chopped
- 2 garlic cloves, finely chopped
- 500g fresh tomatoes grated on a cheese grater
- 1 Teaspoon smoked paprika
- 8 eggs
- 8 slices of serrano ham
- 8 thin slices of chorizo
- 1 Cup of frozen peas (defrosted and drained)
- Chopped parsley to taste
- Salt and pepper to taste



Andalusian bean & chorizo potaje

Print this article

Serve this dish in a big pot and just let your friends tuck in

Preparation time 20 minutes

Cooking time 40 minutes

Serves 6-8

You will need

- 2 cooking chorizos, sliced
- 100g bacon, chopped
- 800g vine cherry tomatoes, halved
- 1 onion, sliced
- 1 x 410 g can butterbeans, drained
- 100g fine green beans
- 3 tbsp olive oil
- 2 cloves of garlic
- 60g bread
- bay leaves
- salt and black pepper



Directions

Heat the oil and cook the chorizo and bacon for 3 minutes. Add the tomatoes, and onion and cook for 5 minutes. Add the butterbeans and bay leaves and simmer for a further 15 minutes.

Remove 3 tablespoons of juice from the pan and place in a blender with the bread and garlic. Blend until smooth. Pour into the pan with the green beans and cook for an additional 15 minutes.

Serve with chunks of fresh bread.

For further recipes and information on Andalusian Fresh Produce, visit www.andalusianfreshproduce.co.uk

Andalusian courgette tortilla with roast cherry tomatoes

Serves four

- 600g courgettes, sliced
- 6 tbsp olive oil
- Salt and pepper
- 3 spring onions, chopped
- 350g cherry tomatoes (on the vine)
- 6 eggs

1 Preheat the oven to 200°C. Heat 3 tablespoons of oil in a pan, add the courgettes and fry till brown. Season with salt and pepper. Heat another tablespoon of oil and sauté the spring onions. Keep one tablespoon of chopped spring onions back for a garnish.

2 Place the tomatoes on the vine in an ovenproof dish. Drizzle with one tablespoon of oil and bake for 10-12 minutes until they start to burst. Season with salt and pepper.

3 Whisk the eggs with salt and pepper, and then add the courgettes

and the spring onions to this mixture. Heat one tablespoon of oil in a pan with an ovenproof handle, place the egg mix in the pan and fry it for 3 minutes. Place the pan in the oven and bake the tortilla for 5-7 minutes. Place the tortilla on a plate and slice it. Top it with the chopped spring onions and pepper. Serve with the roast tomatoes.

