

Dinner

French Cutlet and Vegetables

Ingredients:

Lean lamb/beef or veal cutlet

(first week: 195g lamb= 43g protein), 135g = 30g, 90g = 20g.

1 cup	Cauliflower and broccoli florets
1 tsp.	Worcestershire sauce
½ tsp.	tarragon vinegar
¼ tsp.	onion powder
¼ tsp.	French mustard
2 tbs.	water
	Sea salt and freshly ground pepper
	Olive oil cooking spray
	fresh chopped parsley and chives
1 tsp.	slivered almonds

Method:

- Steam cauliflower and broccoli florets on low heat, until tender
- While vegetables steaming, mix Worcestershire sauce, vinegar, onion, mustard, Sea salt and pepper with water
- Baste each side of the cutlet with sauce mixture
- Then spray coat each side lightly with Olive oil
- Place under preheated griller and grill each side until cooked
- Serve with steamed vegetables, garnish with freshly chopped parsley, chives and sprinkled with slivered almonds