

Dinner

Veal Escalopes and Salad

Ingredients:

Lean veal (lamb, beef, chicken, turkey) minced
(first week: 215g veal = 33g protein), 130g = 20g

1 whole egg, beaten = 10g protein
1 cup Spring Salad mix
1 clove garlic, crushed
1 lemon – all juice and ½ grated rind
Sea salt and cracked pepper
Italian herbs
sprig of fresh chopped rosemary
dash of Tabasco sauce
1 tbs. chopped shallots
2 tbs. water
Olive oil cooking spray

Method:

- Bind together veal, garlic, egg, lemon juice and lemon rind with a sprinkling of Italian herbs, Sea salt and pepper
- Form into small balls of equal size
- Let stand in cool place for 1 hour
- Roll out to a thickness of 1 cm (1/2 inch thick)
- Spray coat non-stick pan with Olive oil cooking spray
- Heat pan, then cook each side of scallop until golden brown
- When cooked remove from pan (keep hot)
- In same pan, add the chopped shallots, rosemary, Tabasco sauce and water
- Stir for a few seconds then pour over scallops
- Lightly coat salad mix with Olive oil cooking spray, add a squeeze of lemon juice and a sprinkling of Italian herbs