

Veal Picatta

Makes 1 serving (serving = 1 protein, 1 Melba toast)

Ingredients

- 100 grams veal cutlet
- 1 serving Melba toast crumbs
- ¼ cup vegetable broth or water
- 2 tablespoons caper juice
- 2 tablespoons lemon juice
- 1 clove of garlic crushed and minced
- Pinch of paprika
- 1 bay leaf
- Sea salt and black pepper to taste



Directions

Mix Melba toast crumbs with paprika, salt and pepper. Dip veal cutlet in lemon juice and coat with herbed Melba toast crumbs.

Fry veal cutlet in a little lemon juice on high heat until cooked thoroughly. Set aside cooked veal cutlet.

Deglaze the pan with vegetable broth, lemon and caper juice and add chopped garlic and bay leaf.

Cook for 1-2 minutes. Remove bay leaf. Top the veal cutlet with remaining lemon sauce and garnish with lemon slices.