

Veal Florentine

Ingredients

- 100 grams veal cutlet
- 1 serving Melba toast crumbs
- 100 grams of spinach, finely chopped
- ¼ cup vegetable, beef broth, or water
- 2 tablespoons lemon juice
- 2 leaves of basil, rolled and sliced
- 1 clove garlic, crushed and minced
- 1 tablespoon onion, minced
- Dash of garlic powder
- Pinch of lemon zest
- Pinch of paprika
- Sea salt and pepper to taste

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| Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast) |
| 22 grams protein |
| 8 grams fat |
| 198 calories |



PHASE 3 MODIFICATIONS

Fry with a little olive oil.
Add ricotta and parmesan cheese to the spinach mixture.
Top with toasted pine nuts and parmesan cheese curls.

Directions

1. Manually tenderize veal cutlet until flattened.
2. Mix Melba toast crumbs with paprika, lemon zest, and dry spices.
3. Dip cutlet in lemon juice and spiced Melba mixture.
4. Fry on high heat with lemon juice until slightly browned and cooked.
5. Remove veal cutlet from pan and deglaze the pan with the broth.
6. Add garlic, onion, and basil.
7. Add spinach to the liquid and toss lightly until slightly cooked.
8. Top veal cutlet with spinach mixture and spoon remaining sauce over the top.
9. Top with salt and pepper to taste and serve with lemon wedges.



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