

Veal cutlet Milanese style, Panzanella salad |

Recipe for 4 servings

Description

This recipe from Northern Italy will amaze you with its simplicity and summery flavors.

Note

Ideally, the bread for the Panzanella salad should be stale. The texture of stale toasted bread is important for this recipe.

Ingredients

Veal

- 4 Unit(s) Veal scallop
- 2 Unit(s) Egg
- 75 Gr Flour
- 1 Tsp Dry oregano
- 200 Ml Breadcrumbs

- Salt and pepper
- Olive oil

Salad

- 200 Gr Cherry tomatoes
- 100 Gr Red onion
- 100 Gr Cucumber
- 100 Gr Bread crust
- 2 Sprig(s) Basil
- 100 Gr Baby spinach

- Salt and pepper
- Olive oil

Dressing

- 60 Ml Olive oil
- 30 Ml Red wine vinegar
- 1 Tsp Honey
- 1 Clove(s) Garlic
- 1 Tsp Wholegrain mustard

- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **oven** at **400 F°**

Salad

Cut the stale bread into large pieces and bake in the oven, generously drizzled with olive oil, for 10 minutes. Set aside until completely cooled.

Clean and trim the cucumber, tomatoes and red onion.

Finely chop the garlic.

Prepare vinaigrette by mixing olive oil, red wine vinegar, chopped garlic, honey, wholegrain mustard, pepper and salt.

Veal Milanese

In a food processor fitted with a blade, blend the dried oregano and flour.

Season each veal cutlet with salt and pepper, then bread them in the English style: first pass the escalopes through the flour mixed with oregano, then through the beaten eggs and finally through the Panko.

Set aside.

In a hot frying pan with plenty of oil, brown the cutlets on both sides. Finish cooking in the oven for 5 to 8 minutes, depending on size.

On the plate

Assemble the panzanella salad by mixing together the tomato chunks, red onion slices, cucumber slices, vinaigrette and stale bread croutons.

Place the veal cutlets on your plates, then add a portion of salad.

Sprinkle the salad with fresh basil and serve immediately.

Bon appétit!