

Milanese Veal Cutlets



Serves 3

Prep 10 mins

Cooking 15 mins

Easy

Ingredients

3 veal cutlets (about 100g each), bones still attached
2 eggs
5 basil leaves, finely chopped
1 tbsp finely grated parmesan
100g dried breadcrumbs
olive oil for shallow frying
lemon wedges, spiralised courgettes to serve

1. Use a tenderiser or rolling pin to flatten the chops, leaving the bone attached, then trim away the fat. Beat the eggs, then mix in the basil, Parmesan and some seasoning. Transfer the mixture to a plate or shallow bowl, then spread the breadcrumbs out onto another plate. Dip each of the chops in the egg mixture, then immediately roll them in the breadcrumbs.
2. Heat enough oil to cover the base of a large frying pan. Working in batches, if necessary, fry the chops over a gentle heat for 3 - 4 mins each side, until the breadcrumbs turn a deep gold (you may need to add more oil to the pan as you go). Serve with a lemon wedge, some spiralised courgettes and maybe some new potatoes.