Veal Fillets

Serves 4   Prep 5 mins   Cooking 15 mins   Easy

Ingredients
olive oil for frying
4 veal loin chops or fillets, about the thickness of your thumb)
plain flour to coat
a small handful of sage leaves
1 lemon
a small glass of white wine
80g butter

1. Heat a few glugs of olive oil in a deep, heavy-based frying pan over a medium heat. Dust the fillets with flour then put in the hot pan with a scattering of sage leaves. Depending on the size of the chops or fillets and the size of you pan, you may need to do this in batches. Brown the veal evenly on all sides, seasoning as you go, turning frequently, for around 6 mins. Remove the fillets and put them on top of each other on a warm plate to rest.

2. Cut the lemon in half lengthways and squeeze the juice of 1/2 the lemon into the pan. When the juice has almost evaporated, turn the heat up to high and add the wine, scraping all the sticky bits from the bottom of the pan into the sauce. When it starts to look thick and syrupy, add the butter, stir vigorously for 30 seconds and remove from the heat.

3. Lay a fillet on each of the 4 warmed plates, pour over the sage and lemon sauce, then cut the remaining lemon 1/2 into 4 long wedges to squeeze over.