

# Veal Milanese



**Serves 2**

**Prep 20 mins**

**Cooking 20 mins**

**Easy**

## Ingredients

### For the Milanese:

300g veal cushion cut into 2 steaks  
4 eggs  
100g plain flour  
100g panko breadcrumbs  
50ml olive oil  
125g butter  
salt and pepper

### For the spinach:

200g baby spinach  
50ml double cream  
pinch nutmeg  
2 eggs  
1 tbsp oil  
Lemons to serve

1. Place each piece of veal between 2 sheets of cling film bash out with a rolling pin until 1cm thick.
2. Beat the eggs in a wide bowl; place the breadcrumbs in a wide bowl and do the same with the flour, then season it.
3. Dip each piece of veal in seasoned flour, then eggs, breadcrumbs, eggs again and breadcrumbs again.
4. In a large non-stick pan heat the oil and butter over a medium heat and fry the veal for 2 minutes on each side until golden and crispy, then drain.
5. For the spinach: heat the cream in a large pan then add the spinach and wilt. Add the nutmeg and season. Place a frying pan over a medium heat, add some oil and, when hot, fry the eggs.
6. To serve: place the veal onto a plate and put the spinach into a small bowl. Add the fried eggs to the spinach and chop them so the yolk spills over the spinach. Serve with wedges of lemon.