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by Nela Lucik

Veal Parmigiana

Ingredients

1/2 cup flour

2 eggs

4.5oz. dried breadcrumbs

4 large veal steaks

olive oil for cooking

4 slices chargrilled eggplant

4fl oz. Italian tomato sauce

3.5oz. Mozzarella cheese

sliced soft polenta

steamed green beans

lemon wedges to serve

Servings

4

Person

Preparation

- 1 Place flour on a plate. Lightly whisk eggs in a shallow dish. Place breadcrumbs in a separate shallow dish
- 2 Coat veal in flour, shaking off excess
- 3 Dip in egg, then coat in breadcrumbs, pressing crumbs on firmly with your fingertips
- 4 Preheat oven to 180°C
- 5 Pour enough oil into a large, non-stick frying pan to cover base
- 6 Heat over medium heat. Cook veal, in batches, for 2 to 3 minutes each side or until golden and just cooked through
- 7 Drain on paper towels. Transfer to a shallow baking dish
- 8 Top each piece of veal with 1 eggplant slice and 1 heaped tablespoon of pasta sauce. Top with mozzarella
- 9 Bake, uncovered, for 15 minutes or until sauce is heated through and mozzarella melted
- 10 Spoon polenta onto plates. Top with veal. Serve with green beans and lemon wedges.

Cooks Note

Serves 4
