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by ewfood

Coriander Crusted Veal



Ingredients

- 1 Veal chop (200 g)
- 1 large teaspoon of mustard
- 1/2 teaspoon thyme leaves
- 2 teaspoons bread crumbs
- 1/2 teaspoon coriander powder
- 2 tablespoons olive oil + 1 net
- 2 sprigs fresh coriander
- 2 Aubergines
- Salt and pepper

Preparation

- Steam the veal for 2 minutes from boiling point (do not forget to add, in the water, the basil sprig designed to destroy the fat of the meat).
- Place in the oven without having peeled them, the aubergines for about for 20 minutes.
- Mix: thyme, coriander, breadcrumbs and coat the mixture on both sides of the veal previously brushed with mustard.
- Heat the oil in a pan and put the veal to cook over medium heat for about 7 minutes on each side.
- Open the eggplants lengthwise. With a fork, remove the pulp mash it well with a fork. Add some salt and pepper and a drizzle of olive oil.
- Place the aubergines puree onto a plate and the veal chop on top.
- Sprinkle with coriander and serve immediately.

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Cooks Note