

Veal with sage, mint and capers

Preparation — 10 minutes

Cooking — 20 minutes

Serves — 2

Ingredients

250g veal escalopes, beaten to 4mm thickness	0.125 tsp black pepper
0.5 lemon, zest and juice	2 Tbs flour
6-10 leaves sage	25g capers
10-15 leaves mint	100ml dry white wine
2 cloves garlic	25g butter
0.25 tsp salt	10ml olive oil

Method

- 1 Zest the lemon.
- 2 Chop the sage and mint finely together.
- 3 Peel and chop the garlic as finely as possible.
- 4 Season the veal with salt and pepper, and then dredge it with the flour, tapping off any excess flour.
- 5 Heat a 30cm frying pan over a high heat and add the olive oil, fry the veal escalopes in the olive oil for 60-90 seconds on each side, then remove them and set them aside.
- 6 Add in the butter, garlic and capers and cook for 30 seconds stirring all of the time.
- 7 Pour in the wine, add the lemon zest and stir for 30-60 seconds, then reduce the heat to medium.
- 8 Squeeze in the lemon juice, add the herbs and cook for 3-4 minutes. Check the seasoning.
- 9 Return the veal to the pan along with any resting juices to bring it back to serving temperature and serve.