

Veal Parmigiana & Salad

Calories: 150 kcal

Servings: 1

Time: 50 Mins

Ingredients

- 1.00 tsp Basil (fresh)
- 60.00 g Can of Diced Tomatoes
- 13.50 g Extra Virgin Olive Oil (as required)
- 1.00 clove Garlic
- 40.00 g Onions (chopped finely)
- 30.00 g Tasty Cheese (grated)
- 60.00 g Veal

Instructions

1. Preheat oven to 180°C (355°F).
2. Place veal in baking dish, cook uncovered in oven for 25 minutes.
3. Heat oil in frying pan, and cook onion and garlic, stirring until onion softens.
4. Add un-drained can of tomatoes, bring to boil then reduce heat and simmer uncovered for 10 minutes or until sauce thickens. Stir in fresh basil.
5. Top veal with tomato sauce and grated cheese. Cover with foil about 15 minutes, then uncover for last 5 minutes.
6. Salad:
7. Make Tangy Salad Dressing by combining flaxseed oil, apple cider vinegar, dried oregano, salt and pepper. Toss salad ingredients together and pour over dressing.
8. Serve veal parmigiana with dressed salad and enjoy.