

Stuffed basil veal Schnitzel with stewed tomatoes

Description



Yield
4 servings



Scheduling
Preparation: 50–60 minutes



Nutritional values (100 g or 100 ml)
energy: 1'296 kJ/310 kcal;
fat: 7.9 g, of which saturated 2.6 g;
carbohydrates: 5.1 g, of which sugars 1.0 g;
protein: 9.1 g; salt 0.57 g

Recipe

Ingredients (1'819 g)

800 g tomatoes

60 g onions

40 g olive oil

8 g table salt

1 g pepper, black

10 g basil, fresh

10 g parsley, fresh

480 g veal cutlets

80 g wheat flour 400

50 g milk

180 g eggs

50 g Parmesan cheese

30 g butter

20 g olive oil

Production

1

Preparation

Bring plenty of water to the boil in a medium-sized pan. Place the tomatoes in the pan for 20 seconds, then drain in a sieve and cool in ice water. Next, peel the tomatoes, cut them in half horizontally, remove the seeds and cut into small cubes.

Peel and finely chop the onions. Heat the olive oil in a pan. Sauté the onions until translucent. Then add the tomatoes, season with salt and pepper and sauté for 3–4 minutes. Set aside.

Count the veal cutlets and set aside the same number of basil leaves. Finely chop the remaining basil and parsley and add 1/3 of it to the tomatoes.

Carefully flatten the veal cutlets with a meat tenderizer and season both sides with salt and pepper. Place 2 basil leaves on half of the cutlets and cover with the other half. Press down the edges with your fingers.

Put the flour in a deep plate. Whisk the milk and eggs together thoroughly in a large bowl. Mix in the remaining chopped herbs and Parmesan cheese and season with salt and pepper.

Heat the butter and olive oil in a large frying pan. First coat the veal cutlets in flour, then dip them in the egg mixture and immediately place them in the pan. Fry over medium heat for about 3 minutes on each side until golden brown.

At the same time, reheat the tomatoes well and season again if necessary.

2

Serving

Arrange the Schnitzels on preheated plates and decorate with the tomatoes. Serve with risotto or small potatoes sautéed in olive oil. Serve immediately.