

Panfried Parmesan Veal with Asparagus



Serves: 4

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Ingredients:

- 8 x 150g veal or lamb steaks, approx 5mm thick
- 1 egg, lightly beaten
- 200g [Perfect Italiano Grated Parmesan](#)
- salt and pepper, to taste
- 500g asparagus, trimmed, cut into thirds and blanched
- 200g baby spinach leaves
- 1 punnet cherry tomatoes, halved
- 1 lemon, juice of
- 1/2 tspn sugar
- 1 tblsp extra virgin olive oil

Method:

- Dip steak into egg whites, then into Perfect Italiano Parmesan seasoned with pepper and press on well. Panfry for 2-3 minutes on each side or until golden.
- Toss salad ingredients with combined lemon juice, sugar, olive oil and season to taste. Serve salad with Parmesan Veal.



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