



Pot-roast veal with new-season carrots & orange

 Gluten Free

READY IN



170 min.

SERVINGS



6

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 kg ground veal
- ☐ 3 garlic clove finely sliced
- ☐ 1 bunch thyme leaves
- ☐ 1 tbsp olive oil
- ☐ 25 g butter
- ☐ 800 g carrots with stalks still attached trimmed
- ☐ 1 large shallots roughly chopped

- ☐ 6 servings powdered sugar
- ☐ 0.5 orange zest finely grated
- ☐ 150 ml wine
- ☐ 350 ml chicken stock see

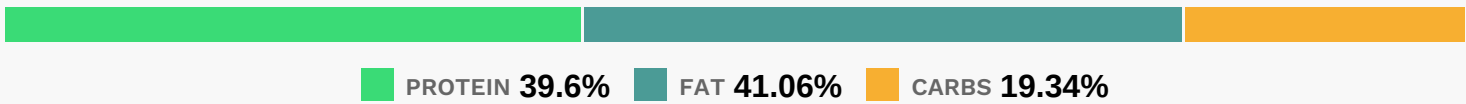
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Stud the gaps in the veal joint with the sliced garlic and some thyme, then season well.
- ☐ Heat oil and butter in a deep flameproof casserole dish and spend a good 15 mins slowly sizzling the veal until brown all over.
- ☐ Remove the joint to a plate and add the carrots, shallot and icing sugar, then cook for 5 mins until everything is slightly caramelised. Lift out the carrots but leave everything else in the dish.
- ☐ Add the rest of the thyme, bashed garlic and the pared orange zest. Nestle the veal back in the dish and pour over the wine, then the stock. Cover and put in the oven for 1 hr.
- ☐ Remove the dish from the oven, uncover, and scatter the carrots around the meat. Return the dish to the oven for 1 hr, uncovered. Cook until the meat is very tender, then leave to cool slightly. Lift the meat onto a board and carve into slices.
- ☐ Serve with the juices from the dish and the tender carrots.

Nutrition Facts



Properties

Glycemic Index:36.14, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:33.40695658974%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 545.27kcal (27.26%), Fat: 23.69g (36.45%), Saturated Fat: 9.68g (60.48%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 21.02g (7.64%), Sugar: 15.67g (17.41%), Cholesterol: 215.73mg (71.91%), Sodium: 410.73mg (17.86%), Alcohol: 2.61g (100%), Alcohol %: 0.68% (100%), Protein: 51.41g (102.82%), Vitamin A: 22416.74IU (448.33%), Vitamin B3: 21.06mg (105.32%), Vitamin B6: 1.29mg (64.75%), Phosphorus: 581.42mg (58.14%), Vitamin B12: 3.36µg (55.95%), Zinc: 8.14mg (54.24%), Vitamin B2: 0.82mg (47.99%), Potassium: 1321.6mg (37.76%), Vitamin B5: 3.68mg (36.84%), Selenium: 22.07µg (31.53%), Vitamin B1: 0.32mg (21.15%), Magnesium: 83.52mg (20.88%), Copper: 0.38mg (18.94%), Vitamin K: 19.58µg (18.64%), Manganese: 0.34mg (16.97%), Fiber: 4.1g (16.39%), Iron: 2.89mg (16.03%), Folate: 63.23µg (15.81%), Vitamin C: 11.21mg (13.59%), Vitamin E: 1.99mg (13.24%), Calcium: 95.23mg (9.52%)