



## Stuffed Veal Scallops With a Mushroom Sauce and Carrot Rosti

READY IN



90 min.

SERVINGS



4

CALORIES



948 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 slices bacon chopped
- 4 servings butter (extra)
- 30 g butter
- 5 medium carrots grated ( 600g in weight)
- 1 teaspoon chicken soup base instant
- 1.5 teaspoons cumin
- 1 tablespoon optional: dill finely chopped
- 50 ml double cream thick

- 0.5 cup wine dry white
- 1 large eggs lightly beaten
- 1 egg whites lightly beaten
- 2 small eggs lightly beaten (you may only need 1, mine were of a small weight.)
- 2 teaspoons rosemary leaves fresh finely chopped
- 4 sage fresh finely chopped
- 3 garlic clove crushed
- 50 ml cream light
- 10 mushrooms sliced (the remainder of mushrooms from the 250g.)
- 250 g mushrooms finely chopped for the stuffing (save the remaining mushrooms for the sauce.
- 1 tablespoon olive oil
- 4 servings olive oil
- 2 tablespoons parmesan
- 4 servings bell pepper
- 0.3 cup flour plain
- 8 slices pancetta thick per scallop, 16 if thin, 4 per scallop. if using small veal scallops i do 3)
- 2 shallots finely chopped
- 0.5 cup cream light sour fine ( is )
- 0.5 cup bread stuffing mix (I use paxo sage and onion.)
- 1 tablespoon thyme leaves
- 4 large ground veal
- 130 g ground veal
- 0.5 teaspoon vegetable stock
- 0.5 cup water
- 100 ml water hot
- 3 tablespoons chicken instant (I use bisto brand.)

## Equipment

- bowl

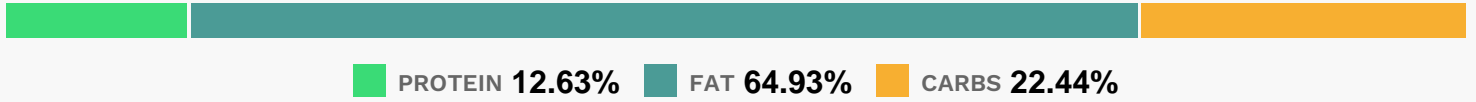
- frying pan
- oven
- measuring cup

## Directions

- Add a little olive oil to a pan, add shallots and garlic, cook until onion softens.
- Add butter and melt, add mushrooms, cook and stir until liquid has evaporated. Meanwhile in a small pan cook chopped bacon, until browned.
- Add herbs and bacon to mushroom mix and stir to combine, remove from heat. Boil some water, add a knob of butter and veg stock to a measuring jug, pour 100ml of hot water into jug, stir until butter has melted and stock has dissolved.
- Add this liquid to the stuffing, mix to combine, finally add this to the mushroom mix.
- Add the veal mince to the pan and stir to combine, add the egg and Parmesan cheese, again stir to combine. Season veal scallops with salt and pepper, spread stuffing over veal, leaving just a small border around the edge.
- Roll scallop up and wrap prosciutto slices around the veal to secure. If you have any stuffing left over I just cook that separate.
- Heat a small amount of oil in a pan add rolls to brown both sides.
- Transfer to a lightly oiled ovenproof dish, drizzle a little oil over veal rolls and bake at 180C for 30-40min's or until done. Check regularly towards the end of cooking as you do not want to over cook and toughen it up. Sauce. While pork is cooking make the sauce, add the oil to a pan along with the sliced mushrooms. Cook until mushrooms are browned and soft, add wine and water, simmer a few minutes to reduce slightly.
- Add chicken stock and stir to dissolve, add thick double cream first and stir until it well combined, add light cream, season with pepper, finally add gravy granules and stir to thicken, serve over veal. Carrot Rosti.
- Combine sour cream, cumin and dill in a small bowl, refrigerate until needed.
- Combine carrot, egg, egg white and flour in a large bowl, Cook serving spoon size rosties in an oiled pan until browned on both sides and cooked through.
- Drain on absorbent paper. Note: I say serving spoon size as you want it bigger than a tablespoon, they should be large in diameter but quite flat, you will get the idea from the picture.

- Serve with sour cream mixture.To
- Serve: Either arrange little rolls on a plate and pour sauce over or slice into thin slices if you have used larger scallops like me and again pour sauce over.
- Place some salad greens on plate top with carrot rosties and dollop with sour cream mix.

## Nutrition Facts



### Properties

Glycemic Index:132.46, Glycemic Load:10.88, Inflammation Score:-10, Nutrition Score:40.733478380286%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

### Nutrients (% of daily need)

Calories: 948.06kcal (47.4%), Fat: 68g (104.61%), Saturated Fat: 27.52g (171.97%), Carbohydrates: 52.86g (17.62%), Net Carbohydrates: 46.02g (16.73%), Sugar: 13.46g (14.95%), Cholesterol: 264.74mg (88.25%), Sodium: 1052.6mg (45.77%), Alcohol: 3.09g (100%), Alcohol %: 0.64% (100%), Protein: 29.76g (59.52%), Vitamin A: 16320.35IU (326.41%), Vitamin C: 107.39mg (130.17%), Selenium: 52.31µg (74.73%), Vitamin B2: 1.15mg (67.63%), Vitamin B3: 12.66mg (63.29%), Phosphorus: 466.81mg (46.68%), Vitamin B6: 0.92mg (46.01%), Folate: 165.35µg (41.34%), Vitamin B1: 0.61mg (40.65%), Vitamin E: 5.74mg (38.27%), Vitamin B5: 3.75mg (37.5%), Copper: 0.74mg (37.12%), Potassium: 1246.95mg (35.63%), Manganese: 0.69mg (34.43%), Iron: 5.03mg (27.93%), Fiber: 6.84g (27.34%), Vitamin K: 27.63µg (26.32%), Zinc: 3.67mg (24.46%), Magnesium: 79.03mg (19.76%), Vitamin B12: 1.14µg (19.03%), Calcium: 189.11mg (18.91%), Vitamin D: 1.48µg (9.84%)