

 food
network 100%
HEALTH SCORE

Veal Chops with Mixed Peppercorns on Lentils with Broccoli Rabe with Garlic and Pecorino Romano Cheese



Gluten Free



Very Healthy

READY IN



95 min.

SERVINGS



4

CALORIES



1295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon cut into small cubes
- ☐ 1 bay leaf
- ☐ 2 pounds broccoli rabe peeled
- ☐ 1 large carrots diced finely
- ☐ 1.5 cups chicken stock see
- ☐ 0.3 cup cooking wine dry red

- ☐ 0.5 cup cooking wine dry white
- ☐ 4 servings parsley fresh finely chopped
- ☐ 1 tablespoon rosemary fresh finely chopped
- ☐ 2 sprigs thyme leaves fresh
- ☐ 2 cloves garlic finely chopped
- ☐ 5 cloves garlic thinly sliced
- ☐ 2 cups lentils washed and picked over
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion spanish finely chopped
- ☐ 0.3 cup pecorino romano cheese freshly grated
- ☐ 1 shallots finely chopped
- ☐ 1 tablespoon butter unsalted cold
- ☐ 32 ounces veal loin chops
- ☐ 3.5 cups water
- ☐ 3 tablespoons coarsely ground peppercorns mixed green black red , pink ,

Equipment

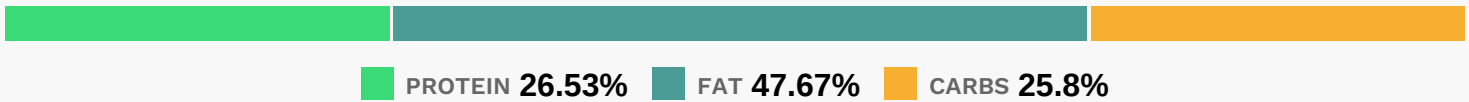
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add the bacon and cook until golden brown.
- ☐ Remove the bacon with a slotted spoon and set aside. Cook the onion and carrot in the rendered fat until the onion softens.

- ☐ Add the garlic and cook for 1 minute.
- ☐ Add 3 cups of the water and wine and bring to a boil. Stir in the lentils, bay leaf and thyme and season with salt and pepper, to taste. Cover the pan partially and cook over medium-low heat, stirring occasionally until the lentils are tender, about 30 minutes.
- ☐ Add additional water is needed. Discard bay leaf and stir in the reserved bacon and parsley.
- ☐ For the Broccoli Rabe with Garlic and Pecorino Romano Cheese: Cook broccoli rabe in large pot of boiling salted water for 3 minutes.
- ☐ Drain and shock in ice water.
- ☐ Drain again and pat dry.
- ☐ Heat olive oil in a medium large skillet over medium heat.
- ☐ Add garlic and cook for 1 minute.
- ☐ Add broccoli rabe and saute until heated through, season with salt and pepper to taste.
- ☐ Remove from heat and sprinkle 4 tablespoons of the cheese over and toss to combine.
- ☐ Transfer to a platter and sprinkle with the remaining 2 tablespoons of cheese.
- ☐ Brush veal chops on 1 side with 2 tablespoons of the olive oil. Season with salt and dredge in the peppercorn mixture.
- ☐ Heat the remaining tablespoon of oil in a large saute pan over medium-high heat. Sear the veal peppercorn side down until golden brown, about 4 to 5 minutes. Reduce heat to medium turn the chops over and continue cooking 4 to 5 minutes for medium-rare doneness.
- ☐ Remove veal from pan. Increase heat to high, add shallots and cook until soft.
- ☐ Add wine and reduce until dry.
- ☐ Add stock and cook until reduced by half. Swirl in the butter and rosemary and season with salt and pepper to taste.
- ☐ Place veal over lentils and spoon sauce over.

Nutrition Facts



Properties

Glycemic Index:92.86, Glycemic Load:10.35, Inflammation Score:-10, Nutrition Score:73.183478085891%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.95mg, Malvidin: 3.95mg, Malvidin: 3.95mg, Malvidin: 3.95mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 1294.71kcal (64.74%), Fat: 67.64g (104.06%), Saturated Fat: 20.01g (125.08%), Carbohydrates: 82.39g (27.46%), Net Carbohydrates: 43.36g (15.77%), Sugar: 7.64g (8.49%), Cholesterol: 214.6mg (71.53%), Sodium: 697.02mg (30.31%), Alcohol: 4.66g (100%), Alcohol %: 0.57% (100%), Protein: 84.71g (169.42%), Vitamin K: 623.08µg (593.41%), Vitamin A: 9537.09IU (190.74%), Folate: 703.9µg (175.98%), Manganese: 3.43mg (171.6%), Fiber: 39.03g (156.13%), Vitamin B3: 27.52mg (137.61%), Vitamin B6: 2.44mg (122.24%), Phosphorus: 1212.72mg (121.27%), Vitamin B1: 1.53mg (102.22%), Iron: 15.74mg (87.45%), Zinc: 12.62mg (84.12%), Vitamin C: 62.43mg (75.68%), Potassium: 2511.83mg (71.77%), Vitamin B2: 1.22mg (71.53%), Magnesium: 258.53mg (64.63%), Vitamin B5: 6.21mg (62.06%), Vitamin E: 9.18mg (61.2%), Selenium: 39.56µg (56.52%), Copper: 1.06mg (52.9%), Calcium: 484.57mg (48.46%), Vitamin B12: 2.74µg (45.59%), Vitamin D: 0.2µg (1.31%)