



Veal chops with sage & creamy squash polenta

 Gluten Free

READY IN



75 min.

SERVINGS



2

CALORIES



890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp butter
- ☐ 2 tbsp olive oil
- ☐ 9 servings sage leaves
- ☐ 2 british rose veal chops
- ☐ 500 g butternut squash diced chunk peeled
- ☐ 2 tsp olive oil
- ☐ 100 ml milk

- ☐ 50 g polenta
- ☐ 2 tbsp parmesan grated

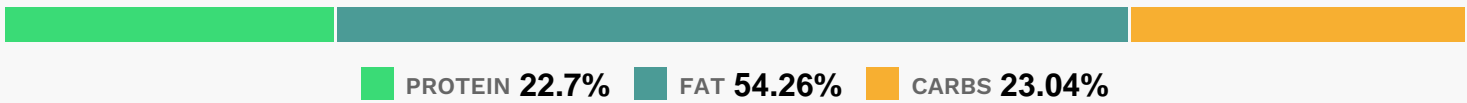
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ For the polenta, toss the squash and oil with a little salt, then roast for 40 mins until really tender. Whizz squash to a pure with the milk. Leave the oven on. Cook polenta following pack instructions. Once soft and creamy, stir in the pure and Parmesan with seasoning. Keep warm.
- ☐ Heat the butter and oil in an ovenproof pan (if you have one) until sizzling. Press a few sage leaves onto the chops, season generously, then fry over a high heat for 2 mins on each side until golden and crisp.
- ☐ Transfer to the oven for 5 mins to finish cooking (tip everything into a small roasting tin if your pan isnt ovenproof). Check the veal is just cooked through but still juicy, then rest for a few mins while you dish up the polenta and salad (see recipe below). If the polenta has firmed up too much, loosen with a splash more milk, then divide between two plates. Top each with a chop and spoon over any pan juices.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:43.154782554378%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 889.79kcal (44.49%), Fat: 54.17g (83.34%), Saturated Fat: 20.5g (128.1%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 46.32g (16.84%), Sugar: 8.19g (9.1%), Cholesterol: 218.66mg (72.89%), Sodium: 393.73mg

(17.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51g (102%), Vitamin A: 27105.95IU (542.12%), Vitamin B3: 22.54mg (112.69%), Vitamin B6: 1.66mg (82.8%), Phosphorus: 640.75mg (64.07%), Vitamin C: 52.5mg (63.64%), Copper: 0.97mg (48.34%), Potassium: 1687.61mg (48.22%), Vitamin E: 7.22mg (48.12%), Vitamin B12: 2.87µg (47.85%), Vitamin B5: 4.29mg (42.9%), Vitamin B2: 0.7mg (40.89%), Zinc: 6.09mg (40.57%), Selenium: 26.96µg (38.51%), Magnesium: 152.71mg (38.18%), Vitamin B1: 0.47mg (31.52%), Manganese: 0.61mg (30.69%), Calcium: 284.08mg (28.41%), Vitamin K: 27.63µg (26.31%), Folate: 98.91µg (24.73%), Fiber: 5.41g (21.65%), Iron: 3.82mg (21.21%), Vitamin D: 0.59µg (3.95%)