



Veal Paillard with Lemon Sauce, Haricot Verts Salad, and Mashed Red Potatoes

READY IN



70 min.

SERVINGS



4

CALORIES



1180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 3 tablespoons champagne vinegar
- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup parsley fresh minced
- ☐ 1 pint grape tomatoes
- ☐ 1 tablespoon grapeseed oil plus more for cooking

- ☐ 1 pound haricot verts ends trimmed
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon honey
- ☐ 1 lemon zest juiced
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 0.5 cup niçoise olives
- ☐ 1.5 pounds bliss potatoes red peeled cut into 1-inch chunks
- ☐ 1 pinch salt
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 shallots thinly sliced
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons butter unsalted plus more for cooking
- ☐ 6 tablespoons butter unsalted cut into pieces ()
- ☐ 4 veal cutlets
- ☐ 0.3 cup water
- ☐ 4 servings pepper white freshly ground

Equipment

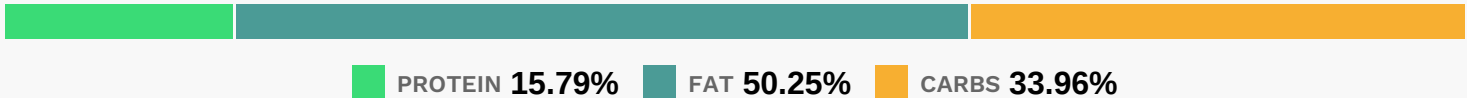
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ For the lemon sauce: In a saucepan, whisk together the cornstarch with the water. Stir in the sugar and a pinch of salt until well mixed.

- ☐ Add the shallots and stir in the lemon zest and juice. Bring to a simmer over low heat and cook until thickened, about 1 minute. Stir in the honey.
- ☐ Remove from the heat and set aside to cool.
- ☐ Place the potatoes in a saucepan of salted cold water and bring to a boil. Boil the potatoes until a fork goes in easily, 10 to 12 minutes.
- ☐ Drain and return the potatoes to the pan.
- ☐ Mash the potatoes with the butter and cream. Season with salt and white pepper, to taste. Cover and keep warm.
- ☐ For the salad: Bring a saucepan of salted cold water to a boil. Blanch the haricot verts until just tender and still bright green.
- ☐ Drain well.
- ☐ Whisk together the vinegar, Dijon mustard, 1/4 teaspoon salt, and a pinch of pepper. While whisking, slowly drizzle in the olive oil. Taste and season, if needed.
- ☐ Toss the haricot verts with the vinaigrette and remaining salad ingredients to coat well. Taste and season with salt, if needed. Set aside.
- ☐ For the veal: Pound the cutlets into thin, even pieces between 2 sheets of plastic.
- ☐ Place the flour in a large bowl and season with salt and pepper. Dredge the veal in the seasoned flour.
- ☐ Heat a large saute pan over medium-high heat.
- ☐ Add 2 tablespoons butter and 1 tablespoon grapeseed oil to the hot pan.
- ☐ Saute the veal until golden brown on both sides, about 2 minutes per side. Cook in batches, adding more butter and oil, if needed.
- ☐ Transfer each cooked cutlet to a plate lined with paper towels. Season each piece with salt.
- ☐ For serving: Spoon some of the mashed potatoes into middle of the plates, top each with a veal cutlet, and arrange some of the salad on the side of the veal. Spoon a small amount of lemon sauce on each piece of veal.

Nutrition Facts



Properties

Glycemic Index:144.28, Glycemic Load:62.47, Inflammation Score:-10, Nutrition Score:47.857826170714%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 1179.5kcal (58.97%), Fat: 66.97g (103.03%), Saturated Fat: 27.02g (168.87%), Carbohydrates: 101.82g (33.94%), Net Carbohydrates: 91g (33.09%), Sugar: 39.08g (43.42%), Cholesterol: 226.42mg (75.47%), Sodium: 641.77mg (27.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.35g (94.71%), Vitamin K: 145.77µg (138.83%), Vitamin B3: 21.35mg (106.76%), Vitamin C: 71.66mg (86.86%), Vitamin B6: 1.6mg (80.08%), Vitamin A: 3294.37IU (65.89%), Phosphorus: 614.85mg (61.48%), Potassium: 1994.99mg (57%), Manganese: 1.06mg (53.1%), Vitamin B2: 0.89mg (52.49%), Vitamin E: 7.29mg (48.62%), Vitamin B1: 0.68mg (45.22%), Folate: 174.44µg (43.61%), Fiber: 10.82g (43.27%), Selenium: 29.67µg (42.38%), Iron: 6.6mg (36.69%), Magnesium: 143.58mg (35.9%), Zinc: 5.33mg (35.53%), Copper: 0.63mg (31.59%), Vitamin B12: 1.86µg (31.05%), Vitamin B5: 2.98mg (29.82%), Calcium: 141.83mg (14.18%), Vitamin D: 0.9µg (5.97%)