



VEAL SCHNITZEL

Swan Bay Butchers

Rosemary Schnitzel with Coleslaw & Corn

Prep Time: 20 minutes

Cooking Time: 25 minutes

Serves: 4

INGREDIENTS:

- 4 x Veal Schnitzels
- ½ cup (75g) plain flour,
- 2 free-range eggs, lightly beaten
- 1 cup (70g) panko breadcrumbs
- 2 tsp fresh rosemary leaves, finely chopped
- 4 cobs corn, husks removed
- ¼ cup (20g) finely grated parmesan cheese
- Rice bran oil, to shallow fry
- 1 granny smith apple, cored, quartered, cut into matchsticks
- ¼ green cabbage, finely shredded
- 2 green onions, thinly sliced
- 4 radish, thinly sliced into matchsticks
- 1 carrot, coarsely grated
- 1 tbsp finely shredded mint leaves + extra mint sprigs, to serve
- 1 tbsp lemon juice
- 2 tbsp whole egg mayonnaise
- Lemon wedges, to serve



METHOD:

1. Using a meat mallet or rolling pin gently pound the steaks until approximately 5mm thick. Place the flour, eggs, and breadcrumbs in 3 separate large shallow bowls. Add the rosemary to the breadcrumbs and season with sea salt and pepper. Stir to combine.
2. Dip each schnitzel in the flour to coat, followed by the egg wash, then the breadcrumbs, pressing to coat. Set aside on a plate.
3. Heat a char-grill pan over medium-high heat and cook corn for 10 minutes, turning often, until charred. Sprinkle with parmesan and season.
4. Meanwhile, add enough oil to a large non-stick frying pan to come 1cm up the side and heat over medium heat. Cook the schnitzels, in batches, for 2 minutes each side or until lightly golden. Transfer to a board lined with kitchen paper. Repeat with remaining schnitzels.
5. In a medium bowl combine apple, cabbage, onions, radish, carrot, mint, lemon juice and mayonnaise. Season.
6. Serve the schnitzels with corn, coleslaw, extra mint sprigs and lemon wedges