



grilled
Veal Chop
with garlic and baked tomatoes

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Serves 2

Ingredients (Veal Chop)

- ½ cup (125 ml) of extra virgin olive oil, plus extra for brushing
- 6 cloves of garlic, finely chopped
- 8 sprigs of fresh thyme
- 2 x 12 oz. (336 g) veal chops
- Salt and freshly ground pepper to taste

Method (Veal Chop)

1. Combine the oil, garlic and thyme in a shallow dish and add the veal chops. Turn to coat, cover and refrigerate for one hour.
2. Remove the veal chop from the refrigerator 20 minutes before grilling.
3. Preheat the grill to high and season the veal chops on both sides with salt and pepper.
4. Grill the veal chops until lightly charred (4-5 minutes).
5. Turn the veal chops over and reduce the heat to medium. Grill until cooked through.
6. Serve immediately and place each chop with 2 baked tomatoes on each plate.

Ingredients (Baked Tomatoes)

- 4 Paysanne tomatoes cut cross wise and halved
- 1 cup (250 g) 3-year-old cheddar
- 1 cup (250 g) walnut pieces
- 2 cups (500 g) cilantro leaves
- 1 jalapeño pepper, seeded and chopped
- ½ tsp. (3 g) salt
- 1 tbsp. (15 ml) cider vinegar
- ¼ cup (63 ml) water

Method (Baked Tomatoes)

1. To make the pesto sauce, combine the walnuts, cilantro, salt, pepper, vinegar and water in a food processor and blend.
2. Cut the Paysanne tomatoes in half and seed.
3. Spread the pesto within each of the tomato cavities and top with cheese.
4. Place the tomatoes in a preheated oven at 375°F/191°C for 10 minutes.
5. Serve immediately.

Nutritional Facts per serving (737 g): Calories 1150

Fat 77 g (118 %), Saturated Fat 19 g + Trans Fat 0.3 g (97 %), Cholesterol 260 mg, Sodium 1040 mg (43 %), Carbohydrate 24 g (8 %), Fiber 9 g (36 %), Sugars 12 g, Protein 96 g, Vit A (30 %), Vit C (90 %), Calcium (45 %), Iron (50 %). % = % Daily Value



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