



# Veal Rollups

SERVES 4

## INGREDIENTS

1 red pepper, cut in quarters and deseeded  
200g button mushrooms, sliced  
8 spring onions, cut into 8cm lengths  
4 tomatoes, sliced  
480g veal schnitzel, fat trimmed  
1 tbs fresh thyme or fresh basil  
1 tbs olive oil  
2 bunches of asparagus, cut into lengths  
2 bunches of baby bok choy  
Olive oil spray

## METHOD

1. Spray a pan with olive oil, and fry pepper until the skin is coloured and can be removed. Remove from pan.
2. Place the mushrooms and spring onions in the pan and cook until mushrooms are nearly cooked.
3. Lay veal out and layer the mushrooms, spring onions, pepper, tomatoes, and thyme or basil then roll up.
4. Heat a non-stick frying pan over medium heat. Add the oil and fry the veal rolls on all sides until well coloured.
5. Meanwhile steam asparagus and bok choy.
6. Serve veal rollup on a bed of asparagus and bok choy

