Veal Chop and Rosemary

Serves: 1
Prep time: 15 Minutes +
Cooking time: 20 Minutes

These juicy tender chops are yummy

Ingredients:

- 1-2 veal chop
- 1 teaspoon freshly grated garlic
- 1 tablespoon coconut oil
- 1 tablespoon of rosemary leaves, chopped
- 4 tablespoons white wine
- 3 tablespoons chicken stock
- salt and pepper

Method:

- Rub the garlic, oil and rosemary into each chop and refrigerate for up to 2 hours
- Heat the coconut oil in a small frypan over medium heat
- Add the chops and pan fry for 3-4 minutes on each side, until chops are cooked through and golden in colour
- Remove the chops from pan to rest them.
- Meanwhile add the chicken stock and wine to frypan, scraping the crumbs from the bottom of pan.
- Bring liquid to a boil, reduce heat, stirring till it thickens slightly and reduces to a sauce
- Place chops on a serving plate and pour the sauce over the chops
- Season with salt and pepper
- Garnish with a sprig of rosemary and serve with my Creamy Parsnip Purée