



Veal Roulade

Strips of veal, French beans and tomato tapenade with bread and garnish



Ingredients

Starter from our Valentine's dinner

FOR THE ROULADE

- ✎ 4 pieces veal escalope, approximately 150g each
- ✎ 100g French beans
- ✎ 4-8 slices prosciutto, depending on size
- ✎ 4 tbsp sun-dried tomato tapenade
- ✎ Salt and black pepper
- ✎ Olive oil, to drizzle

① Place each piece of veal between two sheets of clingfilm and flatten with a rolling pin until about 2mm thick. Blanch the French beans by dropping them into a pan of boiling water for 2 minutes. Drain and then cool under running cold water.

② Place 1-2 prosciutto slices on a new piece of cling film. Lay one of the flattened escalopes on top and spread 1 tablespoon of the tapenade across the veal. Arrange one quarter of the beans neatly on top. Season well. Roll to form a tight, neat cylinder and wrap in the remaining clingfilm. Once rolled, chill the veal wraps in the refrigerator for 30 minutes to firm them up before cooking.

③ When you're ready to cook the wraps, preheat the oven to 180 degrees Celsius/ fan 160, gas mark 4. Remove the clingfilm and tie each wrap securely with string, looping it around each wrap 3 or 4 times. Drizzle with olive oil and seal in a hot pan until golden brown on the outside.

④ Transfer to a baking sheet and bake for 8-12 minutes, then remove from the oven and leave to rest for 5 minutes. Slice each roll into discs about 2cm thick to serve.

⑤ On top of a selection of small herby salad leaves, place a slice of French toast – crisp bread or slice of bread drizzled with olive oil and baked in the oven until golden and crispy. Mix some extra sun-dried tomato tapenade with olive oil and spread over the toast, then place slices of roulade on top.

