



Veal Saltimbocca with White Rice & Rocket Salad

1 x 300g SunRice
Heat & Serve White Rice
in Tray in 2 minutes

450g veal, sliced thinly

12 sage leaves

Black pepper to taste

3 slices prosciutto, sliced thin

3 tbsp flour

2 tbsp olive oil

1/3 cup marsala wine

150g rocket leaves

30g parmesan cheese, grated

1 tbsp balsamic vinegar

2 tbsp olive oil

Cover one side of veal pieces with four sage leaves then press prosciutto on top and dust prosciutto side with flour and pepper

Cook veal in oil, prosciutto side first in a hot pan for 2 minutes then turn over and cook another 2 minutes

Microwave rice as per pack instructions

Add marsala to pan and swirl the pan until a glossy sauce is formed around veal

Serve meal with side of rocket and parmesan drizzled with balsamic vinegar and remaining oil

Serves 3

Cooked in 10 minutes



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Heat & Serve White Rice in Tray

SunRice Heat & Serve Jasmine Rice in Tray in 2 minutes is the perfect partner for Asian dishes such as stir-fries and curries because of its delicate fragrance and soft texture.

