



Halloumi & Almond Cotoletta

Cooking Time: 1.5 Hours | Servings: 6 people

INGREDIENTS:

- 800g beef yearling steaks – pounded super thin
- Rice bran oil
- Lemon wedges

Wet coat:

- 4 whole eggs
- 1/2 lemon zest
- 1 teaspoon salt
- 1/2 teaspoon cracked black pepper

Breadcrumb coat:

- 1 cup panko breadcrumbs
- 1 cup regular breadcrumbs
- 1/2 cup almond flakes
- 3 tablespoons fresh thyme leaves
- 1/2 cup finely chopped flat leaf parsley
- Zest of 1/2 a lemon
- 150 grams halloumi, finely grated
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon salt
- 1/2 teaspoon cracked black pepper

INSTRUCTIONS:

1. Ensure beef/veal pieces are even in thickness. I like mine to be super thin, around 5mm-10mm. You can usually find beef steaks for schnitzel in your local supermarket in the fridge section.
2. In a medium bowl combine wet coat ingredients and give them a good whisk.
3. In a separate medium square/rectangle dish combine your breadcrumb coat ingredients and incorporate well.
4. Line a large baking tray with either cling wrap or baking paper. Take one piece of beef with your left hand coat in the wet mix ensuring beef is evenly coated. Drop it in the breadcrumb mix and evenly coat with your right hand. Repeat with remainder of the beef pieces. Place onto the baking tray, ensuring beef pieces do not overlap. Use cling wrap in between the layers to avoid crumbing coating from being destroyed.

5. Place a fry pan with enough rice bran oil to cover the base as I prefer to shallow fry. Bring oil to a medium heat and shallow fry each piece for approximately 3-5 minutes on each side.
6. Place on a platter lined with kitchen paper towel.
7. Serve with some lemon wedges, mash potato/baking potato wedges and a gorgeous fennel and radicchio salad.

TIPS & SUBSTITUTIONS:

- Replace beef with chicken breast.
- These make a great freezer stash. Freeze on a lined baking tray prior to frying for up to 3 months. To cook, simply thaw and fry and carry on to step no.5
- If you have nut allergies simply omit the almond flakes

