

Pepper Crusted Veal Tenderloin and Market Vegetables  
(serves 4)

2 veal tenderloins 14-16 oz each  
2 T olive oil  
2 1/2 cups frozen peas  
12 pearl onions peeled and quartered (or 1 white onion)  
1 cup carrot sliced  
3 pieces of baby bok choy  
1 clove of garlic chopped fine  
1/4 cup chicken stock or water  
1 T Dijon mustard (or brown spicy mustard)  
2 T fresh parsley chopped  
S and P to taste

1. In a medium sauté pan over high heat add 2 tsp. olive oil.
2. Heavily season veal with pepper and normal amount of salt.
3. Carefully place pork into hot pan and cook on all sides for 3 minutes until light brown.
4. Place in 400 degree oven on a roasting rack for 6-7 minutes, take out and allow to rest/cool.
5. In the same sauté pan over medium heat (making sure there are no burned pieces from pork) add 1 tspn. olive oil, add onion and reduce heat to medium low and cook for 7-8 minutes till onions are soft and translucent. Add carrots and cook an additional 4 minutes. Add garlic and stir to combine. Finish with the baby bok choy and allow to wilt. TASTE.
6. Add chicken stock or water and peas and cover. Cook 4 more minutes and remove lid. Add mustard and parsley and whisk to combine. TASTE.
7. Slice veal, place vegetables on plate and lay veal across. Drizzle remaining liquid on top and finish with some fresh lemon zest if desired.