

EASY VEAL IN BELL PEPPER SAUCE

Serves 4

¾ pound organic, grass-fed veal cutlets, thinly sliced
1 cup roasted red bell peppers
2 teaspoons capers, crushed
1 tablespoon extra virgin olive oil
1 cup lemon juice
1 teaspoon ginger, freshly grated
1 tablespoon tarragon, finely chopped
½ cup rice milk
Celtic sea salt and pepper to taste.

In medium saucepan, heat the oil over high heat, add the cutlets and lightly brown them both sides.

Reduce the heat to medium; add the rice milk, tarragon and capers. Cook uncovered for 5 minutes.

In the meantime, in a food processor, mix the roasted peppers, lemon juice, ginger, salt and pepper. Process the mixture until smooth.

Place the cutlets in serving dish and cover them with the bell pepper sauce.

Sprinkle with cooked capers and fresh tarragon.