

# ANNA

## Tenderloin Milanese With Salad Greens

I remember a time in Mexico when my dad took us to his favourite restaurant where I was first introduced to this incredible recipe...

Milanesa: a tenderized, breaded, pan-fried beef cutlet—I couldn't get enough! - Mari

Preparing something milanese-style (mee-la-nesa) means dredging thin slices of meat in eggs and seasoned bread crumbs and frying. Here we up-leveled and used tenderloin.

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### Ingredients

4 (1/2-inch thick) beef tenderloin fillets  
1 cup all-purpose flour  
1 teaspoon sea salt  
1/2 teaspoon freshly ground pepper  
2 eggs, beaten  
1 1/4 cups bread crumbs  
1/2 cup parsley, finely chopped  
2 garlic cloves, minced  
Neutral oil for frying  
1 lemon, cut in half  
1 package field salad greens (Spring mix)

### Vinaigrette

1/4 cup freshly squeezed lemon juice  
1/2 cup extra-virgin olive oil  
1/2 teaspoon sea salt  
1/4 teaspoon freshly ground pepper  
Parmesan cheese shavings to serve

### Preparation

For vinaigrette, in small jar, shake ingredients until emulsified, set aside.

For tenderloin, lightly pound the tenderloin to 1/4 inch thickness.

Combine flour, salt, and pepper on large plate. On second plate combine eggs with 1 tablespoon of water. On third, combine bread crumbs, parsley and garlic. Coat meat on both sides with flour mixture, dip into egg mixture, and dredge in breadcrumb mixture, pressing lightly. Repeat process.

Heat cooking oil in heavy skillet over medium heat with and cook cutlets for 3 to 4 minutes each side, until cooked through.

Toss salad greens with lemon vinaigrette. Serve cutlet with salad, top with shavings Parmesan cheese. Serve with lemon. Serves 4.