

veal scallopini with marinated mushrooms and radicchio

SERVES 1 • READY IN 15 MINUTES OR LESS

PHASE 1



Ingredients:

- ½ cup radicchio, sliced thin
- 1 portion veal or beef scallopini (or thin-sliced round, pounded to ¼" to ⅛" thickness)
- ¼ tsp salt, divided
- ½ tbsp IP chicken noodle soup mix
- 1 tsp olive oil
- ¼ cup non-fat chicken broth
- 1 cup button mushrooms, quartered
- ½ tbsp lemon juice to taste
- Parsley to garnish (optional)

Place radicchio on a plate.

Add chicken noodle soup mix to a food processor and blend until fine powder texture. Sprinkle 1/8 tsp salt and coat both sides of the scallopini in the mix. Dust both sides of the scallopini with as much chicken soup powder mix as needed to coat both sides. Reserve remaining soup mix powder.

Heat a nonstick skillet to medium-high heat and add olive oil. Swirl oil to coat the bottom of the pan and lay the coated scallopini piece(s) to sear in the pan until golden brown on both sides (1-2 min per side) until fully cooked through to your desired doneness. Take off the heat and place it onto the radicchio plate and set it aside.

Add broth, mushrooms, remaining salt, lemon juice, and any remaining chicken soup powder mix to the skillet and saute on medium heat for 2-3 minutes, stirring occasionally.

Serve.