



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BABY COS LETTUCE

Sturdy, crunchy and packed with nutrition, cos lettuce is a hearty salad green. Also known as romaine lettuce, cos is high in fibre and low in calories.



3. CHICKEN CAESAR

WITH CRUNCHY CIABATTA

 20 Minutes

 4 Servings

Classic chicken caesar salad with crispy bacon, avocado and cos lettuce tossed in a creamy caesar dressing. Served with crunchy organic ciabatta from Abhi's bread.

FROM YOUR BOX

DUTCH CARROTS	1 bunch
BACON	1 packet (100g)
CHICKEN SCHNITZELS	500g
BABY COS LETTUCE	2-pack
CHIVES	1/3 bunch *
CAESAR DRESSING	2 x 50g
AVOCADO	1
TOMATOES	2
CIABATTA LOAF	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, ground paprika

KEY UTENSILS

oven tray, large grill or frypan

NOTES

Keep an eye on the bacon in the oven and remove earlier if needed to prevent it from burning. Alternatively, cook in the frypan after cooking the chicken.

No pork option - bacon is replaced with turkey. Slice and add to salad at step 3.

No gluten option - bread is replaced with GF bread



1. ROAST THE CARROTS & BACON

Set oven to 220°C.

Trim dutch carrots and toss on one side of a lined oven tray with **oil** and **salt**. Add bacon slices to the other side. Roast for 15-18 minutes or until charred and just tender (see notes).



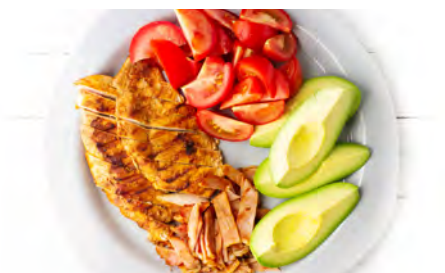
2. COOK THE CHICKEN SCHNITZELS

Heat a large pan over medium-high heat. Rub schnitzels with **oil**, **salt** and **2 tsp paprika**. Cook for 3-4 minutes on each side or until cooked through. Set aside on a chopping board.



3. DRESS THE LETTUCE

In the meantime, chop lettuce and chives. Toss in a large bowl with caesar dressing.



4. PREPARE REMAINING INGREDIENTS

Quarter avocado and wedge tomatoes. Slice chicken and bacon.



5. FINISH AND SERVE

Slice bread and warm in the oven for 2-3 minutes if you like.

Arrange the salad with dressed lettuce and top with sliced chicken, roasted carrots, crispy bacon, tomato and avocado.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

