



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Rosemary

Keep leftover rosemary sprigs in water on your kitchen bench; they will develop roots after 2-3 weeks!



B2

Chicken Caesar Salad with Crunchy Croutons

This dish is a real summer favourite! Grilled chicken breast on a salad of crisp lettuce, avocado, tomato and crunchy croutons, served with a creamy parmesan caesar salad dressing.



20 minutes



2 servings



Chicken

9 December 2022

Entertaining?

This dish is also a great side dish for this time of year at family BBQs or gatherings! You can add some hard boiled eggs or crispy bacon to stretch it out.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	29g	36g

FROM YOUR BOX

ROSEMARY SPRIG	1
CHICKEN BREAST FILLETS	300g
DINNER ROLLS	2-pack
BABY COS LETTUCE	1
AVOCADO	1
TOMATO	1
CAESAR SALAD DRESSING	1 bottle

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove

KEY UTENSILS

large frypan, frypan

NOTES

The chicken is also great cooked on the BBQ.

No gluten option – dinner rolls are replaced with GF bread rolls.



1. COOK THE CHICKEN

Chop rosemary leaves. Cut chicken into schnitzels. Coat with rosemary, **oil, salt and pepper**. Heat a frypan over medium-high heat. Cook chicken for 4–5 minutes each side or until cooked through (see notes).



2. TOAST THE CROUTONS

Heat a second frypan over medium-high heat. Cover the base with **olive oil**. Tear or dice dinner rolls into croutons and add to pan along with **1 crushed garlic clove**. Cook tossing for 6–8 minutes until golden.



3. PREPARE THE SALAD

Separate and rinse and roughly chop lettuce leaves. Slice avocado and wedge tomato. Arrange in a large salad bowl or platter.



4. FINISH AND SERVE

Slice chicken and arrange over salad. Serve with dressing to taste and garnish with crunchy croutons.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

