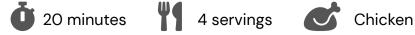




Chicken Caesar salad

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.







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.

PROTEIN TOTAL FAT CARBOHYDRATES 34g

FROM YOUR BOX

ROSEMARY SPRIG	1
CHICKEN BREAST FILLETS	600g
SOURDOUGH LONG ROLLS	2-pack
GEM LETTUCE	3-pack
AVOCADO	1
ТОМАТО	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 - sourdough 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 mediumhigh 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 sourdough 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.



