



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!




## B4 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

 4 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** 52g **TOTAL FAT** 23g **CARBOHYDRATES** 34g

## FROM YOUR BOX

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

**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**

