



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Avocado

Avocados are used like a vegetable, but are in fact a type of fruit! More specifically, avocados are berries.



2 Chicken Caesar Salad with Crunchy Herbed Croutons

A modern classic loved by the whole family; tender chicken, wholesome eggs, crispy lettuce and a mild yoghurt-based dressing.

 30 minutes

 2 servings

 Chicken

1 February 2021

Separate serving

If cooking for fussy eaters, serve all components separate on the table so everyone can combine their own salad bowl with their preferred foods.

FROM YOUR BOX

HERBED FOCACCIA ROLLS	2-pack
FREE-RANGE EGGS	2
CHICKEN TENDERLOINS	300g
SPRING ONION	1
NATURAL YOGHURT	1/2 tub (100g) *
SHAVED PARMESAN CHEESE	1/2 packet *
AVOCADO	1
RED CAPSICUM	1/2 *
BABY COS LETTUCE	1
TRIO OF SPROUTS (CRUNCHY)	1/3 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

frypan, saucepan, oven tray, stick mixer

NOTES

We made the croutons in the oven, but you can pan-fry them instead if you'd like.

If you don't have a blender or stick mixer, simply chop spring onion finely and stir together with yoghurt, olive oil, salt, pepper and parmesan.

If preferred, plate up one large salad on a sharing platter instead. Add some crispy bacon or prosciutto to serve if you have some in the fridge.

No gluten option - focaccia rolls are replaced with GF rolls.



1. MAKE THE CROUTONS

Set oven to 200°C (see notes).

Tear rolls (to taste) into bite-sized pieces. Place onto a lined oven tray and toss with **1-2 tbsp oil**. Cook for 5-10 minutes or until golden and crunchy.



2. BOIL THE EGGS

Bring a saucepan of water to the boil. Add eggs and cook for 6-7 minutes. Cool under running cold water. Peel and quarter.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Toss chicken with **1/2 tsp oregano, oil, salt and pepper**. Add to pan and cook for 5-6 minutes each side or until cooked through. Remove to a board and slice.



4. MAKE THE DRESSING

Slice the white ends of the spring onion and place in a jug with yoghurt, **2 tbsp parmesan, 1/2 tbsp olive oil, salt and pepper**. Blend to a sauce consistency (see notes).



5. MAKE THE SALAD

Peel and slice the avocado, slice capsicum, wash and roughly chop lettuce. Slice the green ends of the spring onion. Arrange on a platter with the crunchy sprouts.



6. FINISH AND PLATE

Divide salad, croutons, chicken and eggs among bowls (see notes). Top with remaining parmesan (to taste) and spring onion tops. Drizzle with a little dressing and serve remainder on the side.

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**

