



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

 4 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	600g
SPRING ONIONS	1/4 bunch *
NATURAL YOGHURT	1/2 tub (250g) *
SHAVED PARMESAN CHEESE	1/2 packet *
AVOCADO	1
SNOW PEAS	1 bag (150g)
BABY COS LETTUCE	2-pack
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 into bite-sized pieces. Place onto a lined oven tray and toss with **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 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 onions and place in a jug with 1 cup yoghurt, **3 tbsp parmesan, 1 tbsp olive oil, salt and pepper**. Blend to a sauce consistency (see notes).



### 5. MAKE THE SALAD

Peel and slice the avocado, trim and halve snow peas, wash and roughly chop lettuce. Slice the green ends of the spring onions. 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 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**

