



### Product Spotlight: Rosemary

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



## 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 aioli salad dressing.

 20 minutes

 2 servings

 Chicken

## 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** 48g **TOTAL FAT** 68g **CARBOHYDRATES** 85g

## FROM YOUR BOX

ROSEMARY SPRIG	1
CHICKEN SCHNITZELS	300g
SOURDOUGH LONG ROLLS	2-pack
GARLIC CLOVE	1
BABY COS LETTUCE	1
AVOCADO	1
TOMATO	1
AIOLI	1 sachet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

frypan x 2

## NOTES

The chicken is also great cooked on the BBQ.

**No gluten option** - bread rolls are replaced with **GF flatbread**. Warm in the oven according to packet instructions before proceeding to step 2 (toast the croutons).



### 1. COOK THE CHICKEN

Chop **rosemary leaves**.

Coat **chicken** with **rosemary, oil, salt and pepper**. Heat a frypan over medium-high heat. Cook chicken for 4-5 minutes on 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 **bread rolls** into croutons and add to pan along with crushed **garlic clove**. Cook tossing for 6-8 minutes until golden.



### 3. PREPARE THE SALAD

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



### 4. PREPARE THE DRESSING

Whisk to combine **aioli** with **1 tbsp water** to desired consistency.



### 5. FINISH AND SERVE

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



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