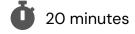


Chicken Caesar Salad

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.







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

FROM YOUR BOX

ROSEMARY SPRIG	1
CHICKEN SCHNITZELS	600g
SOURDOUGH LONG ROLLS	2-pack
GARLIC CLOVE	1
BABY COS LETTUCE	2-pack
AVOCADO	1
TOMATOES	2
AIOLI	2 sachets

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.



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 **tomatoes**.

Arrange in a large salad bowl or platter.



4. PREPARE THE DRESSING

Whisk to combine **aioli** with **1-2 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.



