



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

 4 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** 36g **TOTAL FAT** 51g **CARBOHYDRATES** 39g

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.



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