

CHICKEN CAESAR

Makes 2 serves

Per serve 431 cal, Fat 22.4g, Protein 51g, Carbs 5g Fibre 1g

INGREDIENTS

2 - 3 cups of shredded lettuce (cos or little gem are best)

12 cherry tomatoes (halved)

250g of cooked chicken breast shredded

2 eggs boiled

20g of grated parmesan

Dressing

½ a garlic clove crushed

40g of coconut or chobhani yoghurt

1 tablespoon of olive oil

Squeeze of lemon

1 teaspoon of soy sauce or (alternatively use salt and pepper, season to taste)

DIRECTIONS

Make dressing - combine all ingredients in a small jar and add 2 tablespoons of cold water. Taste and adjust lemon, salt and pepper

Combine salad ingredients except for the eggs, mix well and then serve with the egg quartered on top.