

# CHICKEN CEASAR SALAD WITH LIGHTER DRESSING

2 RED ONIONS

1 RED PEPPER

1 GEM LETTUCE

12G WHOLEGRAIN MUSTARD

80G NATURAL YOGHURT OR COCONUT  
YOGHURT

1 TSP DRIED OREGANO

1 GARLIC CLOVE

1 SHALLOT

15ML WHITE WINE VINEGAR

35G PARMESAN

250G CHICKEN BREAST

2 CIABATTA ROLLS

HEAT THE OVEN TO 200 DEGREES

PEEL AND CHOP THE ONIONS INTO WEDGES

DE SEED THE PEPPER AND CUT INTO WEDGES

ADD THE CHICKEN BREASTS, ONION AND PEPPER TO A BAKING TRAY AND DRIZZLE WITH OIL AND DRIED OREGANO  
PUT THE TRAY IN THE OVEN FOR 15-20 MINUTES - UNTIL THE CHICKEN IS COOKED THROUGH

RIP THE CIABATTA INTO CHUNKS, PUT ON ANOTHER BAKING TRAY WITH A DRIZZLE OF OIL AND A GOOD PINCH OF SALT -  
THESE WILL BE YOUR CROUTONS

WASH THE LITTLE GEM AND TEAR IT INTO MOUTH SIZED PIECES

ONCE THE CHICKEN IS COOKED, TAKE THE CHICKEN, ONION AND PEPPER OUT OF THE OVEN.  
MIX THE LITTLE GEM, ONION, PEPPER AND THE LEFTOVER PARMESAN FROM THE DRESSING.

ADD THE DRESSING AND GIVE A GOOD MIX

SLICE THE CHICKEN AND PUT ON TOP OF THE SALAD, SCATTER THE CROUTONS OVER

FOR THE DRESSING

PEEL AND DICE THE SHALLOT

PEEL AND FINELY SLICE OR GRATE THE GARLIC

USING A VEGETABLE PEELER SHAVE HALF THE PARMESAN, THEN GRATE THE OTHER HALF

COMBINE THE YOGHURT, HALF THE GRATED PARMESAN, WHITE WINE VINEGAR AND A TBSP OF WATER IN A SMALL BOWL

SERVINGS 2

NUTRITIONAL INFO

CALORIES 510 CAL | FAT 11G | CARBS 51G | PROTEIN 47G

*enjoy*