

Classic Chicken Caesar Salad

with Croutons and Parmesan

hellóchef

You'll want to make this one over and over again!

Cals 820 • Prot 68 • Carbs 47 • Fat 40

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🕒 cook: 20 min

R2407



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Croutons				
Ciabatta 10* , 11*	1	2	2	Piece
Butter 4*	20	50	50	Grams
Dressing				
Parmesan 4*	60	90	120	Grams
Garlic cloves	1	1	2	Piece
Anchovies 6*	10	15	20	Grams
Lemon	1	1	1	Piece
Mayonnaise 5* , 9* , 13*	50	75	100	Grams
Black pepper	0.5	0.5	1	Tsp
Dijon mustard 13*	6	9	12	Grams
Olive oil	1	2	2	Tbsp
Salad				
Baby gem lettuce	2	2	3	Piece
Romaine lettuce	200	300	400	Grams

Allergens

***10 Wheat, *11 Gluten, *4 Milk, *6 Fish, *5 Eggs, *9 Soya, *13 Mustard**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3434 / 820
Fat (g)	39.8
of which saturates (g)	14.6
Carbohydrate (g)	47
of which sugars (g)	4.8
Fiber (g)	7.2
Protein (g)	67.7
Salt (g)	3.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make croutons

Slice the **ciabatta** into cubes. Heat a pan over a medium heat with the **butter**. Once melted, add the **ciabatta**. Toast, stirring, for 5 min or until the **bread cubes** are golden brown and crispy. Transfer the **croutons** to a plate and set aside. Reserve the pan.



2 Fry chicken

Slice the **chicken** into strips. Return the pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** with a generous pinch of **salt** and reduce the heat to medium. Fry for 4-5 min on each side until cooked through. Once cooked, season with **black pepper**.

Tip! Cook the chicken on a preheated grill/barbecue/braai. Let it rest before slicing.



3 Make dressing

Meanwhile, grate half of the **Parmesan** with a fine blade (use the rest for garnishing). Peel and mince the **garlic**. Finely chop the **anchovies**. In a very large bowl, juice the {0.5/1/1} **lemon**. Add the grated **Parmesan**, minced **garlic**, {1/1/2} tbsp of **lemon juice**, **mayonnaise**, **black pepper**, **Dijon mustard** and **olive oil**. Whisk until smooth. If the **dressing** is too thick add a splash of **olive oil**.



4 Chop lettuce

Roughly chop the **gem lettuce** and **Romaine lettuce**.



5 Serve

Combine the chopped **lettuce** and the **dressing**. Toss well, until all the leaves are coated in the **dressing**. Divide among plates. Top with the sliced **chicken** and **croutons**. Grate or shave the remaining **Parmesan** over the **salad**.