



Chicken Caesar salad

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 medium ciabatta loaf white thick (or 4 slices crusty bread)
- ☐ 3 tbsp olive oil
- ☐ 2 chicken breasts boneless skinless
- ☐ 1 large romaine lettuce separated
- ☐ 1 garlic clove
- ☐ 2 anchovies from a tin
- ☐ 1 medium grano padano cheese) for grating and shaving (you won't use it all
- ☐ 5 tbsp mayonnaise

- ☐ 1 tbsp citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ peeler
- ☐ bread knife

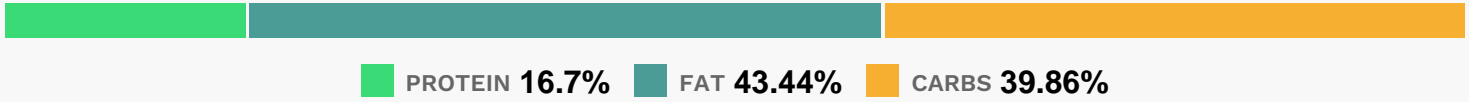
Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Tear 1 medium ciabatta into big, ragged croutons or, if you prefer, cut with a bread knife.
- ☐ Spread over a large baking sheet or tray and sprinkle over 2 tbsp olive oil.
- ☐ Rub the oil into the bread and season with a little salt if you like (sea salt crystals are best for this).
- ☐ Bake for 8–10 mins, turning the croutons a few times during cooking so they brown evenly.
- ☐ Rub 2 skinless, boneless chicken breasts with 1 tbsp olive oil, season.
- ☐ Place pan over a medium heat for 1 min, until hot, but not smoking.
- ☐ Lay the chicken on the pan (it will sizzle if its hot enough) and leave for 4 mins.
- ☐ Turn the chicken, then cook for 4 mins more. Check if its cooked by poking the tip of a sharp knife into the thickest part; there should be no sign of pink and juices will run clear.
- ☐ Bash 1 garlic clove with the flat of a knife and peel off the skin. Crush with a garlic crusher. Mash 2 anchovies with a fork against the side of a small bowl.
- ☐ Grate a handful of parmesan cheese and mix with the garlic, anchovies, 5 tbsp mayonnaise and 1 tbsp white wine vinegar. Season to taste. It should be the consistency of yogurt if yours is thicker, stir in a few tsps water to thin it.
- ☐ Shave the cheese with a peeler. Tear 1 large cos or romaine lettuce into large pieces and put in a large bowl. Pull chicken into bite-size strips and scatter half over the leaves, along with

half the croutons.

- ☐
- Add most of the dressing and toss with your fingers. Scatter the rest of the chicken and croutons, then drizzle with the remaining dressing.
- ☐
- Sprinkle the parmesan on top and serve straight away.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:9.2060868947402%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 538.77kcal (26.94%), Fat: 25.84g (39.75%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 53.36g (17.79%), Net Carbohydrates: 51.96g (18.89%), Sugar: 0.19g (0.21%), Cholesterol: 44.78mg (14.93%), Sodium: 733.61mg (31.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.71%), Vitamin K: 41.75µg (39.76%), Vitamin B3: 6.2mg (31.01%), Selenium: 19.4µg (27.71%), Vitamin B6: 0.44mg (22.11%), Vitamin E: 2.21mg (14.71%), Phosphorus: 131.03mg (13.1%), Vitamin A: 640.88IU (12.82%), Vitamin B5: 0.86mg (8.63%), Potassium: 242.25mg (6.92%), Fiber: 1.4g (5.6%), Magnesium: 17.11mg (4.28%), Vitamin B2: 0.07mg (4.19%), Folate: 12.86µg (3.22%), Vitamin B1: 0.05mg (3.04%), Zinc: 0.42mg (2.81%), Iron: 0.47mg (2.6%), Vitamin B12: 0.15µg (2.49%), Manganese: 0.04mg (1.81%), Vitamin C: 1.21mg (1.47%), Copper: 0.03mg (1.44%), Calcium: 14.1mg (1.41%)