



The ultimate makeover: Chicken Caesar salad

READY IN



50 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tbsp juice of lemon
- ☐ 1 tbsp olive oil
- ☐ 2 tsp thyme sprigs fresh
- ☐ 1 garlic clove
- ☐ 4 fillet chicken breast boneless skinless
- ☐ 100 g bread crumbs
- ☐ 2 tbsp olive oil
- ☐ 1 garlic clove finely chopped
- ☐ 1 tsp dijon mustard

- ☐ 0.5 tsp worcestershire sauce
- ☐ 1 tbsp juice of lemon for squeezing
- ☐ 1 pinch pepper good
- ☐ 4 fillet anchovy finely chopped
- ☐ 3 tbsp mayonnaise (we used Hellman's)
- ☐ 4 tbsp yogurt fat-free
- ☐ 1 head the of 1 cos lettuce washed and dried separated
- ☐ 100 g watercress
- ☐ 25 g parmesan shaved with a potato peeler

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

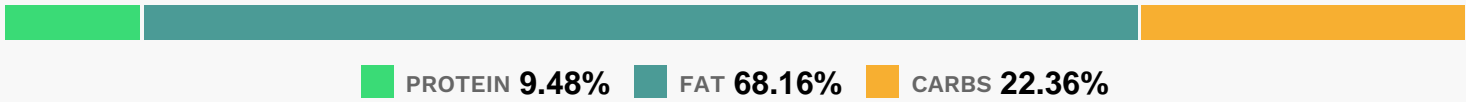
Directions

- ☐ Marinate the chicken.
- ☐ Mix the lemon juice, oil, thyme and garlic in a shallow dish.
- ☐ Add the chicken and turn it over in the marinade to coat well. Season with freshly ground pepper and leave for up to 2 hrs.
- ☐ Heat the oven to 200C/fan 180C/gas
- ☐ Slice, then cut the bread into big, rough cubes for the croutons.
- ☐ Spread them in a single layer on a baking sheet, then brush all over with the 2 tbsp oil.
- ☐ Bake for about 10 mins until golden and crisp.
- ☐ Meanwhile, put the garlic into a mini blender with the mustard, Worcestershire sauce, lemon juice, chilli and anchovies. Blend until smooth, add the mayonnaise and yogurt, then blend again it should be the consistency of double cream. Adjust the taste with lemon juice and pepper. If necessary, thin with a couple of tsps of cold water to get the consistency right so it

will coat the leaves.

- ☐ Heat a griddle pan until very hot.
- ☐ Lay the chicken on the griddle, on the side that had the skin on. Cook for 15–16 mins, turning once or twice, until cooked through.
- ☐ Remove, then let the meat sit for 5 mins before slicing.
- ☐ Keep any small inner lettuce leaves whole, tear the larger outer leaves into 2–3 pieces, then put them all into a large bowl with the rocket or watercress.
- ☐ Pour just under half the dressing over the leaves and carefully toss to coat its gentler to use your hands. Either assemble in the bowl, or pile the leaves onto individual plates, tucking in the croutons, chicken and Parmesan.
- ☐ Drizzle the rest of the dressing over and around, then finish with an extra squeeze of lemon.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:21.586956421966%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 5.79mg, Kaempferol: 5.79mg, Kaempferol: 5.79mg, Kaempferol: 5.79mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg

Nutrients (% of daily need)

Calories: 380.25kcal (19.01%), Fat: 29.51g (45.41%), Saturated Fat: 8.64g (54.03%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 17.32g (6.3%), Sugar: 11.63g (12.92%), Cholesterol: 12.04mg (4.01%), Sodium: 326.59mg (14.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.48%), Vitamin A: 14516.73IU (290.33%), Vitamin K: 246.33µg (234.6%), Folate: 236.85µg (59.21%), Vitamin C: 22.04mg (26.72%), Calcium: 208.88mg (20.89%), Potassium: 627.72mg (17.93%), Fiber: 4.46g (17.86%), Manganese: 0.35mg (17.41%), Phosphorus: 162.55mg (16.26%), Vitamin E: 2.37mg (15.82%), Vitamin B2: 0.25mg (14.42%), Iron: 2.54mg (14.13%), Vitamin B1: 0.19mg (12.97%), Vitamin B3: 2.41mg (12.07%), Magnesium: 42.28mg (10.57%), Vitamin B6: 0.2mg (10.2%), Selenium: 5.65µg (8.07%), Zinc: 0.93mg (6.22%), Copper: 0.12mg (6.05%), Vitamin B5: 0.54mg (5.41%), Vitamin B12: 0.24µg (3.94%)