

Chicken Caesar Salad (No Croutons)

The pub classic, minus the bread. Proper dressing in two minutes.

Serves 2

Prep 10 min

Cook 10 min

4g

CARBS
PER SERVING

Includes the homemade dressing. Shop-bought dressing varies, so check the label.

You'll need

- ☐ 2 cooked chicken breasts (shop-bought is fine), sliced
- ☐ 1 romaine or 2 little gem lettuces (about 200g), chopped
- ☐ 4 rashers of bacon
- ☐ 35g parmesan, grated
- ☐ 3 tbsp mayonnaise
- ☐ 1 tsp lemon juice
- ☐ Half a garlic clove, grated
- ☐ 1 tsp Worcestershire sauce

Method

- 1 Fry or grill the bacon until crispy, then break it into pieces.
- 2 In a cup, mix the mayonnaise, lemon juice, garlic, Worcestershire sauce and 30g of the parmesan. If it's too thick, add a teaspoon of water.
- 3 Put the lettuce in a big bowl, pour over the dressing and toss until every leaf is coated.
- 4 Put the chicken and bacon on top and finish with the rest of the parmesan.

TIP

Ready-cooked chicken from the chiller makes this a 10-minute lunch.

SWAPS

- Add a soft-boiled egg or a few anchovies.
- Cooking your own chicken? Follow the Food safety box below.

STORING IT

Best made fresh. Dressing keeps in a jar in the fridge for up to 2 days. Keep cooked chicken in the fridge and use by its date.

FOOD SAFETY

Chicken must be cooked all the way through. Cut into the thickest piece: it should be steaming hot, with no pink meat, and the juices should run clear. With a food thermometer, the middle should reach 75°C. Use a separate board (red) and wash your hands after touching raw chicken.