



# CHOPPED CHICKEN CAESAR SALAD

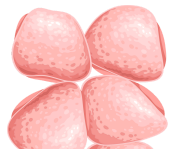
Serves 4 | Serves of Veg 3 | 0:15 Prep | 0:15 Cook



## NUTRITION PANEL

NUTRITION INFORMATION		
Servings per package: 4		
Serving size:	350 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2640 kJ	754 kJ
Protein	48.9 g	14 g
Fat, total	31.4 g	9 g
- saturated	9.6 g	2.7 g
Carbohydrate	35.3 g	10.1 g
- sugars	8 g	2.3 g
Sodium	1880 mg	538 mg

## SHOPPING LIST



Chicken Thigh



Cos Lettuce



Cucumber



Lemon Juice



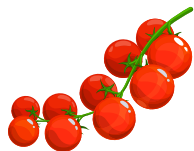
French Stick



Garlic



Extra Virgin Olive Oil



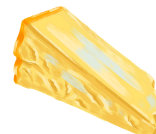
Cherry Tomato



Avocado



Light Mayonnaise



Shaved Parmesan



Salt & Pepper

## SCAN QR FOR MORE RECIPE IDEAS



# Ingredients

- 4 pieces chicken thigh, ~120g each, trimmed fat
- 1 tbsp olive oil
- 1 large head cos lettuce
- 1 punnet cherry tomato, mixed colour
- 1 cucumber
- ½ cup shaved parmesan cheese
- 1 ripe avocado

## Garlic Croutons

- 1 small French stick\*
- 2 garlic clove, minced
- 1 tbsp extra virgin olive oil

## Homemade Aioli

- ½ cup light mayonnaise
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- Salt and pepper to taste

# Recipe Steps

1. To make the garlic croutons; preheat the oven 175°C. Pull apart bread into bite-size pieces. Massage **minced garlic, extra virgin olive oil, salt & pepper** into bread. Spread the croutons on a baking sheet, bake for 10-15 mins or until golden & crispy. Tip: toss at half way for even crispiness.
2. Pat dry **chicken thighs** with paper towel. Drizzle with **olive oil & season**. Heat BBQ grill or fry-pan to medium-high heat. Cook chicken thigh for 4-6 mins each side or until cooked through. Allow to rest, covered to stay warm.
3. To make the aioli; whisk together **light mayonnaise, minced garlic, lemon juice** & seasoning.
4. For Salad: chop, wash & dry **cos lettuce**, halve the **cherry tomato**, slice **cucumber & avocado**.
5. Once the cooked chicken thigh has rested; chop on a clean board until bite-size pieces.
6. To assemble the salad; toss together **cos lettuce, tomatoes, cucumber, avocado, shaved parmesan, grilled chicken, & garlic croutons**.
7. Pour **½ the aioli dressing** over the top, toss to coat, just before serving. Add more dressing to top of salad if you'd like. Serve.

## Recipe Notes

- **Crouton alternatives** use any old stale bread you have in the cupboard or to make this recipe gluten free - use crispy chickpeas by tossing drained tinned chickpeas in olive oil, sea salt & spices. Roast for 35 mins or until golden & crispy