


Chicken Caesar-Style Salad with Shortcut



 15-20mins

 1

 Easy-Medium

This recipe makes 1 serving. Just double or triple the recipe as required for your desired number of servings.

INGREDIENTS

50g	Cooked Chicken
1 (30g)	Streaky Bacon rasher, chopped
2	Medium-sized Eggs (1 poached and 1 soft boiled)
2	Anchovy fillets in oil
20ml	Store-bought Caesar Salad Dressing of Choice
60g	Green Leaf Lettuce
To Taste	Salt and Pepper
20g	Parmesan Cheese
1 ½	Grilled Green Beans, cut into 1-2cm pieces (optional)
1 spray	Extra Virgin Olive Oil

METHOD

1. Take your cooked chicken and tear or slice into bite-sized pieces and set aside.
2. Slice your bacon rasher into small pieces and pan fry till cooked and just golden on the edges and set aside.
3. Tear 2 anchovy fillets into small slivers and set aside.
4. Use a potato peeler to create 15g of parmesan cheese shavings and set aside.
5. Finely grate/shred the remaining 5g of parmesan cheese and set aside.
6. Poach and/or boil your eggs.
7. Place your washed salad greens into a large bowl. Sprinkle on half of the grated parmesan, half of the parmesan shavings, half of the anchovies and 10mls of the Caesar salad dressing. Toss the salad gently then add the remaining parmesan, anchovies, and salad dressing (this helps to spread the dressing evenly over all parts of the salad).
8. Transfer the salad mixture to your serving plate.
9. Over the top of the salad, scatter the chicken pieces and bacon pieces.
10. Slice the soft-yolked boiled in half and place on the side of the salad. Place the poached egg on the top of the salad. Add a crack of black pepper and Himalayan pink salt over the eggs, and you are done.
11. If you wish to add the green beans, season 1-2 green beans with salt, pepper and a spray of olive oil then grill or pan-fry till slightly charred on the outside (or to your preferred level of doneness). Slice into 1-2cm pieces and scatter them over the salad at the same time as you add the chicken and bacon pieces.

Tips on Poaching an Egg:

1. Use fresh eggs as the egg white does not hold together as well as the egg ages.
2. Bring a pan of water filled 5cm or more deep, to a simmer.
3. Stir the water to create a gentle whirlpool. This helps the egg white to wrap around the yolk as it cooks.
4. Gently crack an egg into the centre of the pan where your whirlpool, making sure that the heat is low enough that the water is not boiling as the bubbling with throw your egg around too much.
5. Cook for 3-4 minutes until you can see that the egg white is set then lift the egg out with a slotted spoon.

Tips on cooking a soft yolk egg:

1. Place your egg in a saucepan and fill with enough cold water fully cover the egg.
2. Place over high heat and bring to a boil and get your timer ready.
3. As soon as the water begins boiling start timing. Remove the egg to an ice-water bath after 3 minutes (to halt the cooking process).
4. Take care when peeling the egg as the egg white will be more delicate that if you had cooked a hardboiled egg.

Note: timing may vary depending on the size of the egg you are using.

Nutritional Information	
General average, however, nutritional values may vary depending on the brand of ingredients used or cooking technique utilised.	
Amount Per 1 Serving (<i>with green beans</i>)	
Calories	557
Total Fat	41.3g
Total Carbohydrates	6.1g
Dietary Fibre	1.8g
Net Carb	4.3g
Protein	39.3g

Nutritional Information	
General average, however, nutritional values may vary depending on the brand of ingredients used or cooking technique utilised.	
Amount Per 1 Serving (<i>without green beans</i>)	
Calories	528
Total Fat	38.9g
Total Carbohydrates	3.9g
Dietary Fibre	0.7g
Net Carb	3.2g
Protein	38.7g