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CHICKEN CAESAR SALAD





Prep Time: 10 min

Cook Time: 15 min

Total Time: 25 min

Servings:



Ingredients:

4 thick slices of white bread

3 tbsp olive oil

2 skinless, boneless chicken breasts

1 large cos or romaine lettuce

For the dressing

1 garlic clove medium block parmesan 5 tbsp mayonnaise

Notes:

Directions:

STEP 1: Heat oven to 200C, Tear bread into croutons, Spread over a large baking sheet and rub 2 tbsp olive oil into the bread

STEP 2: Season bread with a little salt, Bake for 8 mins, turning the croutons a few times so they brown evenly.

STEP 3: Rub 2 skinless, boneless chicken breasts with 1 tbsp olive oil, Season, Place pan over a medium heat for 1 min, Lay the chicken on the pan and leave for 4 mins.

STEP 4: Turn the chicken, Cook for 4 mins more.

STEP 5: Bash garlic clove with knife and peel off the skin, Crush with a garlic crusher.

STEP 6: Grate a handful of parmesan cheese and mix with the garlic and 5 tbsp mayonnaise.

STEP 7: Tear 1 large cos or romaine lettuce into large pieces and put in a bowl.

STEP 8: Scatter the rest of the chicken and croutons, then drizzle with the dressing. Sprinkle the parmesan on top and serve straight away.