



Everything But The Chef

hello@hellofresh.com.au | 02 81 888 722

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Classic Chicken Caesar Salad with Bacon

The favourite of favourites, the emperor of chicken, the salad for salad haters... if you haven't attempted to make a classic Caesar salad yet, now's your chance! You're not going to believe how simple it is to do the whole thing yourself, from crunchy croutons to crispy bacon and tender chicken topped with fresh Parmesan cheese. Once you've got this baby down, soggy supermarket salads will be a distant memory.

- Prep:** 15 mins
- Cook:** 25 mins
- Total:** 40 mins
- level 1**
- high protein**
- contains pork**
- eat me early**

Pantry Items



Bacon



Parbaked Mini Baguette



Chicken Breast



Yoghurt



Garlic



Lemon



Gem Lettuce



Tomato



Parmesan Cheese

| 2P | 4P | Ingredients | |
|-----------|-----------|--|-----|
| 2 rashers | 4 rashers | bacon, rind & fat removed | A |
| 1 | 2 | parbaked mini baguette, cut into cubes | |
| 2 fillets | 4 fillets | chicken breast, cut into strips | |
| 1 tub | 2 tubs | yoghurt | |
| ½ clove | 1 clove | garlic, peeled & crushed | ⊕ |
| ½ | 1 | lemon, juiced | ⊕ |
| 1 head | 2 heads | gem lettuce, coarsely sliced | |
| 1 | 2 | tomato, cut into wedges | |
| ½ block | 1 block | Parmesan cheese, flaked | B ⊕ |

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

| | | |
|--------------|------|----|
| Energy | 2700 | Kj |
| Protein | 60.8 | g |
| Fat, total | 33 | g |
| -saturated | 12.6 | g |
| Carbohydrate | 22.3 | g |
| -sugars | 8.8 | g |
| Sodium | 1210 | mg |

Measuretool

| | | |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
| | | |



You will need: chopping board, chef's knife, garlic crusher, oven tray lined with baking paper, grater, greased chargrill pan, large bowl, and a small bowl.

- 1 Preheat the oven to **200°C/180°C** fan-forced.
- 2 Place the **bacon** on one side of the lined oven tray. Place the cubes of the **mini baguette** on the other side of the tray. Drizzle with some olive oil and cook in the oven for **15-20 minutes**, or until browned. Slice the bacon into strips.
- 3 Season the **chicken breast strips** with **salt** and **pepper**. Heat a greased chargrill pan over a medium-high heat and cook the chicken for **4 minutes** on each side or until cooked through.
- 4 Meanwhile, to make the dressing combine the **yoghurt**, **garlic**, **lemon juice**, and some salt and pepper.
- 5 To assemble the salad toss the **gem lettuce**, chicken, **tomato wedges**, bacon and croustons in a large bowl. Drizzle with the dressing and top with the flaked **Parmesan cheese**.

Did you know? This salad is named after the Italian chef Caesar Cardini, who is attributed to the creation of this recipe, not a Roman emperor!