

Chicken Caesar Salad

This is one of our most favourite meals that we serve. It was done during summer as something different and now we have it each week and go through around 9 Cos lettuces each time we prepare it. I've added some additional items that you can add, anchovies and poached eggs. The recipe below should serve 4 people.



Ingredients

- 2 cos lettuce, chopped
- 200gm bacon, chopped and fried
- 3/4 cup grated Parmesan Cheese
- 5 slices wholemeal bread, chopped in cubes
- 2 Tablespoons olive oil
- 1 bottle Coles Caesar dressing
- 600ml carton Buttermilk
- 2 Chicken Breast fillets (skin off)
- 5-6 Anchovy fillets (purely optional)
- Poached eggs (1 per person)

Method

Wash then chop the Cos lettuce. About 1cm across should be ok.

Place in large salad bowl.

Chop the bread into cubes and toss with the Olive oil. It should be just enough to coat the cubes, but you don't want to soak them in oil.

Cook in a 180c oven for about 10-15 minutes or until golden brown and crisp, allow to cool.

Fry off the bacon. Remember that Bacon has a high fat content so you don't need to add any oil to cook it. The fat will render out naturally. Once cooked and crisp, drain the bacon out of the remaining fat and set aside.

Fry or grill the Chicken Breast. Cook them whole to keep the moisture inside. Slice them just before serving.

Create a 50% mix of the dressing and Buttermilk. This makes the dressing go a bit further and also cuts down the fat content as buttermilk is made from low fat milk. Save the rest for your next salad.

Add the grated Parmesan Cheese and Croutons (baked bread cubes) to the lettuce.

Add the Caesar dressing mix, Remember you don't overload the lettuce with the dressing, it just has to just cover the leaves lightly. You don't want Caesar soup!

When serving, dress each bowl with some chopped bacon (omit for dietary or religious reasons), some grilled chopped chicken and a poached egg. The egg should be runny so that it adds to the dressing.

And if you really want to be authentic add some chopped anchovies. The saltiness of the fish adds a great depth of flavour to the dish. Remember that the actual Caesar dressing has anchovy in it as well, so it will work, only 2-3 per person should do.

A Caesar salad is a great way to get children to eat salad due to its balanced flavours and meat content. But by all means omit the meat of your vegetarian and egg if your vegan.