

Caesar the Day



Serves

4-6

Cooking time



Veg per serve



2.5



Add two boiled eggs for eggs-tra flavour!



Ingredients

- | | |
|----------------------|---------------------|
| 1 lemon | 1 small cos lettuce |
| 1 small garlic clove | 250g punnet |
| 1/3 cup fat-reduced | cherry tomatoes |
| Greek yoghurt | 1 cucumber |
| 1 tsp Dijon mustard | 70g parmesan |
| 1 tbsp fat-reduced | 1 carrot |
| mayonnaise | 250g cooked |
| 1/2 tsp salt-reduced | chicken breast |
| chicken stock | 2 slices multigrain |
| powder | bread |

Equipment

- | | |
|--------------|----------------|
| Small bowl | Knife |
| Fine grater | Grater |
| Juicer | Large bowl |
| (optional) | Large spoon |
| Cup measures | Toaster or |
| Spoon | sandwich press |
| measures | |
| Fork | |
| Chopping | |
| boards | |

Tasty learning for life



How to make it



1. Into a small bowl, finely grate lemon rind and garlic. Juice half the lemon and add to bowl.



2. Add 1/3 cup Greek yoghurt, 1 tsp Dijon mustard, 1 tbsp mayonnaise and 1/2 tsp chicken stock to the bowl. Mix well with a fork and set aside.



3. Slice cos lettuce into strips, cherry tomatoes in half and cucumber into small pieces. Grate parmesan and carrot. On a clean board, slice cooked chicken into small pieces.



4. In a large bowl, add all ingredients and mix well. Pour dressing over the salad and mix well.



5. Toast bread in a toaster or sandwich press. Chop toast into small squares and sprinkle over salad. Squeeze the juice of remaining lemon over salad if desired.



nom!

