



CAESAR SALAD

Serves 4

This simple yet delicious salad incorporates all the ingredients that one would have found in the time of the Romans – Lettuce, chicken, bread, cheese, anchovies, eggs and olive oil (used here in the form of mayonnaise) and white wine vinegar.

Equipment

- Apron
- Non Slip Mat
- Chopping Board
- Bread Knife
- Baking Sheet
- Measuring Spoon
- Oven
- Hob
- Frying Pan
- Tongs
- Sharp Knife
- Garlic Crusher
- Small Bowl
- Fork
- Grater
- Large Mixing Bowl
- Salad Spoons
- Jar to mix salad dressing
- Bowl to serve

Ingredients

- 1 Medium Ciabatta Loaf
- 3 tbsp Olive Oil
- 2 Skinless, boneless Chicken Breast
- 1 large Cos or Romaine Lettuce

For the dressing:

- 1 Garlic Clove
- 1 Medium block of Parmesan or Grano Padano Cheese for grating and shaving (You won't use it all)
- 5 tbsp Mayonnaise
- 1 tbsp white wine vinegar





Nutrients

Crunchy Romaine Lettuce adds texture and flavour to salads, sandwiches and many other recipes. It provides us with lots of dietary fibre which helps 'sweep our tummies' and keeps our digestive system healthy. Romaine Lettuce also contain a good level of folic acid, vitamin C and beta-carotene which can contribute to good heart health. This variety of lettuce is also a good source of vitamin K and A and is also a good source of minerals. The white fluid that comes out of the stem of the leaves are known to have relaxing properties that promote sleep. Romans often ate lettuce at the end of their evening meals to induce sleep.

Method

1. Heat oven to 200C/fan 180C/gas 6. Tear the bread into big, ragged croutons or, if you prefer, cut with a bread knife. Spread over a large baking sheet or tray and sprinkle over 2 tbsp olive oil. Rub the oil into the bread and season with a little salt if you like (sea salt crystals are best for this). Bake for 8-10 mins, turning the croutons a few times during cooking so they brown evenly.
2. Rub chicken breasts with remaining oil, season. Place pan over a medium heat for 1 min, until hot, but not smoking. Lay the chicken on the pan (it will sizzle if it's hot enough) and leave for 4 mins. Turn the chicken, then cook for 4 mins more. Check if it's cooked by poking the tip of a sharp knife into the thickest part; there should be no sign of pink and juices will run clear.
3. Bash the garlic with the flat of a knife and peel off the skin. Crush with a garlic crusher. Mash the anchovies with a fork against the side of a small bowl. Grate a handful of cheese and mix with the rest of the dressing ingredients. Season to taste. It should be the consistency of yogurt – if yours is thicker, stir in a few tsps water to thin it.
4. Shave the cheese with a peeler. Tear lettuce into large pieces and put in a large bowl. Pull chicken into bite-size strips and scatter half over the leaves, along with half the croutons. Add most of the dressing and toss with your fingers. Scatter the rest of the chicken and croutons, then drizzle with the remaining dressing. Sprinkle the Parmesan on top and serve straight away

Based on recipe from web site: <https://www.bbcgoodfood.com/recipes/2516/chicken-caesar-salad>

Carbohydrates - Gives us energy	Protein - Builds our bodies	Good Fats in small quantities - Keeps our bodies working	Fibre - Sweeps our tummies
			
Ciabatta Croutons	Chicken Breast	Olive Oil	Lettuce

Allergens:

Wheat & Gluten (Ciabatta Loaf) ; Fish (Anchovies) ; Milk (Parmesan Cheese) ; Egg & Mustard (Mayonnaise) ; Sulphite (White Wine Vinegar)

Presence of allergens can vary by brand – always check product labels.

If cos or romaine lettuce are not available, baby gem lettuce can also be used. Only add the dressing when ready to eat, otherwise the dressing will wilt the salad and it will become limp and watery. When tossing salad, be careful not to bruise the lettuce leaves too much.

Skills learnt today: cut ; mixed ; toasted ; pan fried ; washed vegetables ; grated ; mixed ; tossed

