

Caesar salad

Our quick and easy take on **Chicken Caesar Salad**, using succulent British Chicken Breast with the crunch of golden gluten free breadcrumb - a sure winner for those looking for a healthy lunchtime option.

Ingredients (2 servings)

For the salad

- 4 **Georgia's Choice Chicken Grills**
- 1 large Cos or Romaine lettuce
- Small block of Parmesan or Grana Padano cheese (for shaving)
- 2 rashers of bacon (optional)
- Small handful of anchovies (optional)
- Half a red pepper, sliced

For the dressing

- 1 garlic clove, peeled and crushed
- 2 anchovies
- Small tub of low fat yoghurt (lower calories) or 6 tbsp of mayonnaise (higher calories)
- Juice of a small lemon
- Finely grated Parmesan cheese (about 1 tbsp)
- Pepper to taste (there will be plenty of salt from the cheese and anchovies if used)

Method

1. Heat the oven to 200°C/fan 180°C/gas mark 6. Place the **Georgia's Choice Chicken Grills** into the oven and bake for 25-30 minutes, turning once during cooking for an even bake.
2. Place the bacon in with the Grills and remove from the oven when crispy. Chop them into small, rough pieces with a knife when cool.
3. Wash the lettuce and leave to drain dry.
4. Mash the anchovies against the side of a small bowl with a fork and add the crushed garlic. Add the grated cheese, lemon juice and yoghurt or mayonnaise and mix together.

Season with pepper to taste. It should be the consistency of yoghurt – if a little thick stir in a few teaspoons of water to thin it.

5. Remove the Grills from the oven. Tear the lettuce into large pieces and place in a bowl, then cut the Chicken into bite size strips and scatter over the lettuce leaves.
6. Sprinkle the bacon bits and anchovies (if desired) over the Grills and add the sliced red pepper. Finish the dish with as many Parmesan shavings as you like and a generous drizzle of dressing.



Produced in the UK by Red House Foods, Stockport Farm,
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