



Chicken caesar salad

The anchovies give this light lunch or main meal a zing whilst the pine nuts give it bite. Suitable for the entire family to enjoy.

Ingredients

For the salad:

- 3 skinless chicken breasts, cooked and cut into bite-sized chunks
- 3 romaine lettuces, torn up
- 8 anchovy fillets, drained and roughly chopped
- 200g vine tomatoes, halved

For the dressing:

- 1 TBS extra virgin olive oil
- 1 tsp lemon juice
- 1 tsp Dijon mustard
- 15g parmesan, finely grated
- 15g pine nuts, toasted



Note the absence of croutons for weight loss.

Serves 4

Method



1. Pound the dressing ingredients together using a mortar and pestle
2. Stir in 3 TBS water and season
3. Put the chicken, lettuce, anchovies and tomatoes into a large bowl
4. Finish by tossing through the dressing

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