



CAESAR SALAD

 2 portions

INGREDIENTS

- 325 grams of chicken breast
- 1 tablespoon of olive oil
- 75 grams of bacon,
- 200 grams of lettuce, cos or romaine
- 45 grams of parmesan cheese, grated
- 3 tbsps of mayonnaise(45 g)
- 1 tbsps of lemon zest, grated (6 g)
- 1 clove of garlic, minced(3 g)
- 1 tbsps of dijon mustard (15 g)

COOKING METHOD

- 1° Preheat the oven to 175°C.
- 2° To make dressing mix mayonnaise, mustard, lemon and garlic with a whisk or an immersion blender. Set aside in the refrigerator.
- 3° Place the chicken breasts in a greased baking dish.
- 4° Season the chicken with salt and pepper and drizzle olive oil or melted butter on top. Bake the chicken in the oven for about 20 min or until fully cooked through. You can also cook the chicken on the stove top if you prefer.
- 5° Fry the bacon until crisp. Chop the lettuce and place as a base on two plates. Place sliced chicken and the crispy, crumbled bacon on top.
- 6° Finish with a generous dollop of dressing and a good grating of parmesan cheese

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (364 g)	% DRI
ENERGY	157 kcal	570 kcal	29 %
FAT	10 g	36 g	56 %
FATTY ACIDS, TOTAL SATURATED	2 g	8 g	41 %
CHOLESTEROL	43 mg	156 mg	52 %
SODIUM	264 mg	961 mg	40 %
CARBOHYDRATE	2 g	8 g	3 %
SUGARS	1 g	2 g	—
FIBER	1 g	3 g	11 %
PROTEIN	14 g	52 g	—