

# caesar salad with lemon chicken



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### Ingredients:

- 1 tbs olive oil
- 1 lemon, juiced
- salt and ground black pepper
- 400g skinless chicken breast fillets
- 1/2 thin baguette (about 30cm long), thinly sliced crossways
- olive oil cooking spray
- 100g sliced pancetta
- 2 baby or 1 large Cos lettuce, leaves separated and chilled
- 1/2 cup Caesar salad dressing
- 2 hard-boiled eggs, peeled and quartered lengthways
- 75g parmesan cheese, shaved

### Health benefits of Cos lettuce:

The darker the leaves, the higher the content of beta carotene, which the body then converts to vitamin A (important for healthy skin and eyes).

### Method:

1. Preheat oven to 180°C. Preheat a char-grill or barbecue plate on medium-high heat.
2. Place oil, lemon juice and salt and pepper to taste in a medium shallow dish. Mix well to combine. Add chicken and turn to coat in lemon mixture. Cover and refrigerate for 20 minutes to marinate (or longer if possible).
3. Evenly spray sliced baguette with oil spray. Place in a single layer on a baking tray and bake for 4–5 minutes on each side until golden. Set aside.
4. Char-grill or barbecue pancetta for 2 minutes on each side until crispy. Transfer to a plate lined with paper towel. Char-grill or barbecue chicken for 4–5 minutes on each side until just cooked through. Transfer to a plate, cover with foil and leave to cool slightly.
5. Roughly chop pancetta and diagonally slice chicken breasts into 1/2 cm thick slices. Place into a large bowl. Add baguette and lettuce. Drizzle with Caesar salad dressing, season with salt and pepper to taste and gently toss to combine. Top with boiled eggs and parmesan and serve immediately.

**Serves:** 4

**Preparation:** 25 minutes (+ marinating time)

**Cooking:** 12–15 minutes