

# MARLEY SPOON



## Grilled Chicken Caesar Salad

with Tomatoes & Parmesan



ca. 20min



2 Servings

Classic Caesar salad flavors come together via the grill for this warm-weather deconstructed favorite. With easy prep, that satisfying crunch of lettuce in a creamy Caesar dressing is on your plate in just five steps. Grilling lettuce is a brilliant trick—the leaves crisp and char while the inside softens. Tender chicken breasts pick up smoky grill flavors while grilled croutons and fresh, juicy tomatoes round it out.



## What we send

- 1 romaine heart
- 1 plum tomato
- ¾ oz Parmesan <sup>7</sup>
- 1 lemon
- 2 oz Caesar dressing <sup>3,4,6,7</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 1 ciabatta roll <sup>1</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- microplane or grater
- grill or grill pan

## Allergens

Wheat (1), Egg (3), Fish (4), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 450kcal, Fat 6g, Carbs 30g, Protein 49g



### 1. Prep ingredients

Cut **lettuce** in half lengthwise, keeping leaves intact at the core.

Cut **tomato** into ½-inch pieces. Cut **lemon** into wedges.

Finely grate **all of the Parmesan**, if necessary.



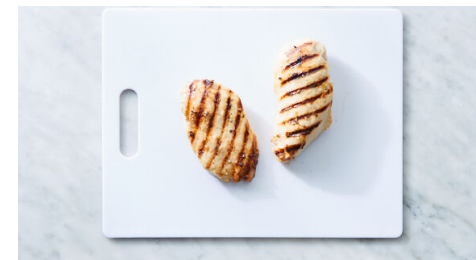
### 4. Grill lettuce & bread

Split **ciabatta roll**. Drizzle **oil** over **lettuce** and cut sides of roll. Season with **a pinch each of salt and pepper**. Add to grill and cook until just charred, 1-2 minutes. Cut or tear rolls into cubes.



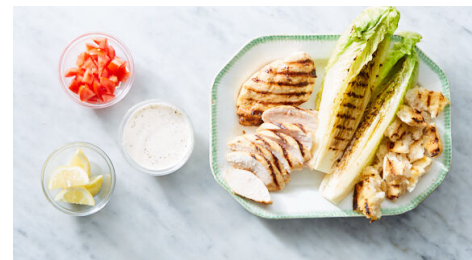
### 2. Prep dressing

Add **Caesar dressing** to a small bowl.



### 3. Grill chicken

Preheat grill or grill pan over high. Pat **chicken** dry. Brush each side with **a thin layer of dressing** (about ½ teaspoon per side). Add to grill and cook until cooked through and charred, 5-7 minutes per side. Transfer to cutting board to rest.



### 5. Assemble

To **remaining dressing**, stir in **half of the Parmesan** and **2 tablespoons water**.

Plate **lettuce** alongside **tomatoes** and **bread**. Cut **chicken** into strips and place alongside. Drizzle **dressing** over top and garnish with **remaining Parmesan** and **lemon wedges**.



### 6. Serve

Enjoy!