

DINNERLY



Low-Carb Chicken Caesar Salad with Garlicky Croutons



ca. 20min



2 Servings

Maybe you've loved chicken Caesar salad for a long time. Or maybe you only just learned it's not spelled "chicken sees her salad." Either way, we've got the creamy, protein-packed, Caesar-dressed salad you're looking for. We've got you covered!

WHAT WE SEND

- 1 lemon
- 10 oz pkg boneless, skinless chicken breast
- 1 oz mayonnaise ^{3,6}
- 1 mini French roll ¹
- 1 romaine heart
- $\frac{3}{4}$ oz Parmesan ⁷

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil

TOOLS

- grill or grill pan
- microplane or grater
- meat mallet (or heavy skillet)

ALLERGENS

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

NUTRITION PER SERVING

Calories 550kcal, Fat 38g, Carbs 15g, Protein 41g

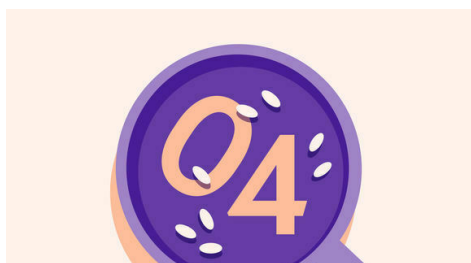


1. Prep ingredients

Preheat grill to high, if using. Grate **half of 1 large clove** into a large bowl (reserve remaining clove for step 3). Grate $\frac{1}{4}$ **teaspoon lemon zest and squeeze 2 tablespoons lemon juice** into bowl with garlic.

Pat **chicken** dry, then pound to an even $\frac{1}{2}$ -inch thickness, if necessary. Rub with **oil**; season with **salt and pepper**.

Grate all the Parmesan, if necessary, into a small bowl.



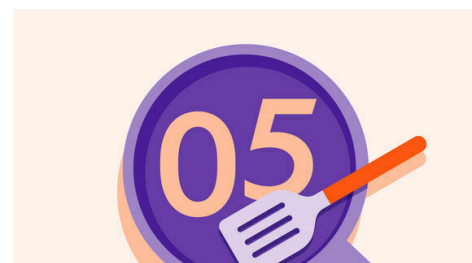
4. Grill chicken

Reduce grill or grill pan to medium heat. Add **chicken**; cook over high, turning once, until lightly charred and cooked through, 3–5 minutes. Transfer to a cutting board and cut into $\frac{1}{2}$ -inch slices.



2. Make dressing

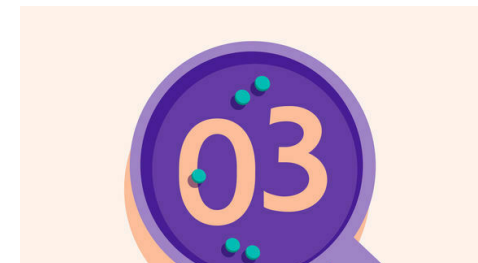
Add **mayonnaise** to bowl with **garlic, lemon zest, and juice**, whisking to combine. Gradually whisk in **3 tablespoons oil**, then season with $\frac{1}{2}$ **teaspoon salt** and **several grinds of pepper**. Whisk in **half of the Parmesan**; set aside until ready to serve.



5. Finish & serve

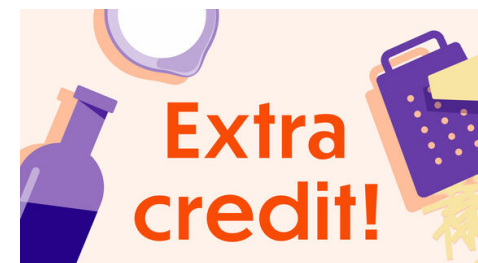
Halve **lettuce** lengthwise, then slice crosswise into thin ribbons, discarding end. Add **croutons** and **lettuce** to bowl with **dressing** and toss well to combine. Add **remaining Parmesan** and toss gently.

Top **caesar salad** with **chicken** and serve. Enjoy!



3. Make croutons

Heat a grill pan over high, if using. Halve **roll** horizontally, then brush with **oil**. Grill roll, turning occasionally, until golden and crisp, 5–6 minutes. Rub cut sides with **reserved half of garlic clove**. When cool enough to handle, tear or cut into bite-sized pieces for serving.



6. No grill, no problem!

Use a skillet! Heat 1 tablespoon oil in a medium skillet over medium-high. Add chicken and cook until browned and cooked through.