

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

- 10 oz pkg boneless, skinless chicken breast
- ¾ oz Parmesan ¹
- 1 pkt Caesar dressing ^{2,3,1,4}
- 1 Portuguese roll ⁵
- 1 romaine heart

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil

TOOLS

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

ALLERGENS

Milk (1), Egg (2), Fish (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 370kcal, Fat 8g, Carbs 14g, Protein 41g



1. Prep ingredients

Preheat grill to high, if using.

Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Rub with **oil**; season with **salt** and **pepper**.

Grate **Parmesan** into a small bowl.



2. Prep dressing

Add **Caesar dressing** to a large bowl. Whisk in **half of the Parmesan**; set aside until ready to serve.



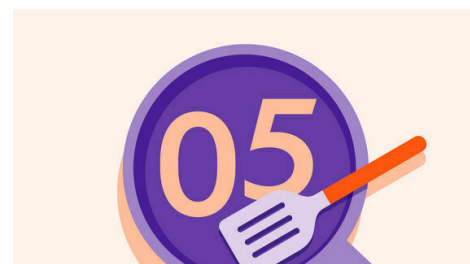
3. Make croutons

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 **garlic clove**. When cool enough to handle, tear or cut into bite-sized pieces for serving.



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 ½-inch slices.



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!



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.