



Easy Prep! Grilled Chicken Caesar Salad

with Tomatoes and 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
- 1 lemon
- ¾ oz Parmesan ⁷
- 2 oz Caesar dressing ^{3,4,6,7}
- 12 oz pkg boneless, skinless chicken breasts
- 1 ciabatta roll ¹

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 29g, 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.



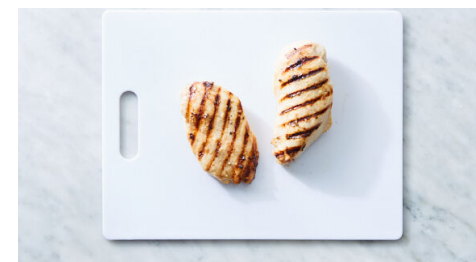
4. Grill lettuce & bread

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.



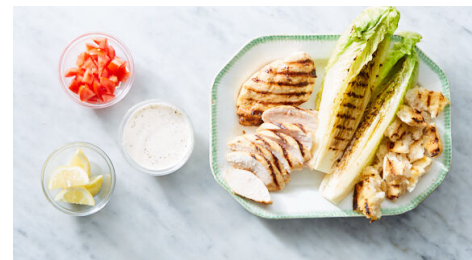
2. Prep dressing

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!