

DINNERLY



Low-Cal Chicken Caesar Salad with Yogurt Caesar Dressing



ca. 20min



2 Servings

When mealtime doubt strikes, a Caesar salad always comes to the rescue. You can feel especially good about our low -calorie version, which subs in Greek yogurt for a delicious yet protein-rich homemade dressing. And our protein mission doesn't stop there! Lean chicken breast strips make this salad both hearty and healthy. We've got you covered!

WHAT WE SEND

- 1 mini French roll ¹
- $\frac{3}{4}$ oz Parmesan ⁷
- 4 oz Greek yogurt ⁷
- $\frac{1}{4}$ oz Dijon mustard
- $\frac{1}{2}$ oz fish sauce ⁴
- $\frac{1}{2}$ lb pkg chicken breast strips
- 1 romaine heart

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- white wine vinegar (or red wine vinegar) ¹⁷

TOOLS

- parchment paper
- rimmed baking sheet
- microplane or grater
- vegetable peeler
- medium skillet

ALLERGENS

Wheat (1), Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 370kcal, Fat 21g, Carbs 15g, Protein 36g



1. Bake croutons

Preheat oven to 375°F with a rack in the center.

Tear **bread** into $\frac{3}{4}$ -inch pieces. On a parchment-lined rimmed baking sheet, toss torn bread with **1 tablespoon oil**; season with **salt** and **pepper**. Bake on center rack until golden brown, stirring halfway, 12–15 minutes.



4. Dress salad & serve

Halve **lettuce** lengthwise, then cut crosswise into $\frac{3}{4}$ -inch pieces, discarding stem.

In a large bowl, combine **lettuce**, **chicken**, **croutons**, and **shaved Parmesan**. Toss with **desired amount of dressing**; season to taste with **salt** and **pepper**. Enjoy!



2. Make dressing

Finely grate **half of the Parmesan**; shave remaining Parmesan with a vegetable peeler.

Into a small bowl, finely grate $\frac{1}{4}$ **teaspoon garlic**. Whisk in **grated Parmesan**, **half each of yogurt and mustard (save rest for own use)**, **1 tablespoon water**, $\frac{1}{2}$ **tablespoon oil**, **1 teaspoon vinegar**, and $\frac{1}{2}$ **teaspoon fish sauce** (or more to taste). Season to taste with **salt** and **pepper**.



5. ...

What were you expecting, more steps?



3. Cook chicken

Pat **chicken** dry; season all over with **salt** and **pepper**.

In a medium skillet, heat $\frac{1}{2}$ **tablespoon oil** over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to a plate and cool to room temperature.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!