

DINNERLY



Low-Carb Chicken Caesar Lettuce Cups with Homemade Croutons



ca. 20min



2 Servings

"It's out with the old and in with the new, goodbye clouds of gray, hello skies of blue...." Or in our case, goodbye plain ol' caesar salad, hellooo fun and easy-to-eat caesar lettuce cups. Because why not shake things up and get little crazy. We've got you covered!

WHAT WE SEND

- 2 mini rolls ⁴
- 2 plum tomatoes
- 1 romaine heart
- ½ lb pkg chicken breast strips
- 2 (¾ oz) Parmesan ²
- 2 oz mayonnaise ^{1,3}

WHAT YOU NEED

- olive oil
- garlic
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar)

TOOLS

- rimmed baking sheet
- microplane or grater
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 700kcal, Fat 54g, Carbs 23g, Protein 39g



1. Make croutons

Preheat broiler with a rack in the upper third.

Cut **rolls** into ½-inch cubes. Toss on a rimmed baking sheet with **2 tablespoons oil**. Broil on upper oven rack until golden-brown, shaking baking sheet halfway through cooking time, 2–4 minutes (watch closely as broilers vary).



2. Prep veggies & grate Parm

While **croutons** bake, cut **tomatoes** into ½-inch cubes. Finely chop **1 teaspoon garlic**. Trim end from **lettuce**; pull apart leaves.

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



3. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet 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 cutting board.



4. Make dressing

While **chicken** cooks, in a medium bowl, stir to combine **mayonnaise**, **chopped garlic**, **half of the Parmesan**, and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**.



5. Assemble & serve

Cut **chicken** into ½-inch pieces, if necessary. To bowl with **dressing**, add **chicken**, **croutons**, and **tomatoes**; toss to combine.

Spoon **chicken caesar salad** into **lettuce cups**. Top with **remaining Parmesan** and serve. Enjoy!



6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are ⅓ lower when cooking with meal kits.