

# 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 Portuguese roll <sup>3</sup>
- ¾ oz Parmesan <sup>2</sup>
- 4 oz Greek yogurt
- ¼ oz Dijon mustard
- ½ oz fish sauce <sup>1</sup>
- ½ 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)

## TOOLS

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

## ALLERGENS

Fish (1), Milk (2), Wheat (3). 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 ¾-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 ¾-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

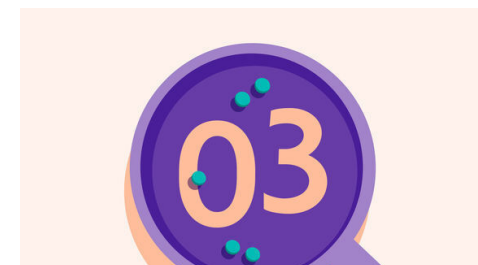
Finely grate **half of the Parmesan**; shave remaining Parmesan with a vegetable peeler.

Into a small bowl, finely grate ¼ **teaspoon garlic**. Whisk in **grated Parmesan**, **half each of yogurt and mustard (save rest for own use)**, **1 tablespoon water**, ½ **tablespoon oil**, **1 teaspoon vinegar**, and ½ **teaspoon fish sauce** (or more to taste). Season to taste with **salt** and **pepper**.



### 5. ...

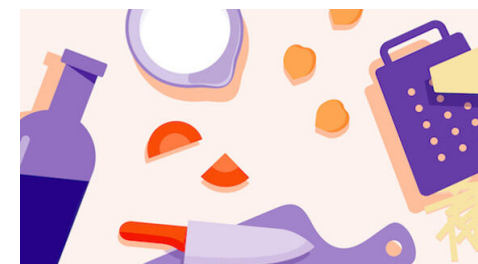
What were you expecting, more steps?



### 3. Cook chicken

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

In a medium skillet, heat ½ **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!