



MAY
2016

Herbed Lemon Chicken Caesar Salad

with Tomatoes, Parmesan, and Homemade Croutons

Add a little zest to your night with our spin on the ol' Caesar salad. Romaine lettuce is topped with herby chicken, grape tomatoes, and homemade croutons! Our healthy, lemony twist on Caesar dressing may become your new go-to!



Prep: 10 min
Total: 25 min



level 1



nut free



Chicken Breasts



Romaine Lettuce



Ciabatta Bread



Parmesan Cheese



Garlic



Grape Tomatoes



Dried Rosemary



Dijon Mustard



Mayonnaise



Lemon

| Ingredients | 2 People | 4 People | |
|-----------------|----------|----------|-------|
| Chicken Breasts | 12 oz | 24 oz | |
| Romaine Lettuce | 1 | 2 | |
| Ciabatta | 1) | 2 | |
| Parmesan Cheese | 2) | ¼ Cup | ½ Cup |
| Lemon | 1 | 2 | |
| Garlic | 2 Cloves | 4 Cloves | |
| Grape Tomatoes | 4 oz | 8 oz | |
| Dried Rosemary | 1 t | 2 t | |
| Dijon Mustard | 1 t | 2 t | |
| Mayonnaise | 3) 4) | 1 T | 2 T |
| Olive Oil* | 4 t | 8 t | |

*Not Included

Allergens

- 1) Wheat
- 2) Milk
- 3) Eggs
- 4) Soy

Tools

Zester, Baking sheet, Large pan, Small bowl, Whisk, Large bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

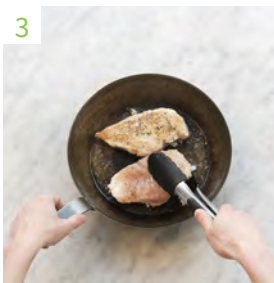
Nutrition per person Calories: 601 cal | Fat: 24 g | Sat. Fat: 5 g | Protein: 50 g | Carbs: 47 g | Sugar: 6 g | Sodium: 732 mg | Fiber: 9 g



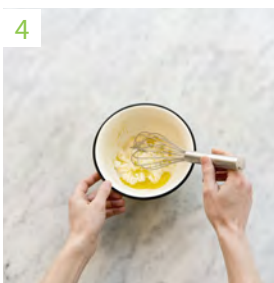
1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 400 degrees. Zest and halve the **lemon**. Mince or grate the **garlic**. Cut the **lettuce** into bite-sized pieces. Halve the **tomatoes**. Cut the **ciabatta** into 1-inch cubes.



2 Make the croutons: In a large bowl, toss the **ciabatta cubes** with a drizzle of **olive oil** and season with **salt** and **pepper**. Transfer to a baking sheet and bake in the oven for 5-6 minutes, until toasted.



3 Cook the chicken: Season the **chicken** on all sides with the **rosemary, salt,** and **pepper**. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Sear the chicken for 2-3 minutes per side, or until golden brown. Transfer to a baking sheet (you can use the same one from step 2) to finish cooking for 5-8 minutes, or until cooked through. Set aside to rest.



4 Make the dressing: In a small bowl, whisk together **1 Tablespoon mayonnaise, 1 teaspoon Dijon mustard, half the parmesan cheese, lemon zest,** and the **garlic** (to taste). Whisk in a squeeze of **lemon juice** and a large drizzle of **olive oil**. Season to taste with **salt** and **pepper**.

5 Toss the salad: Toss the **lettuce, croutons** and **tomatoes** in a large bowl with half the **dressing**.

6 Finish and plate: Thinly slice the **herbed chicken** and serve on a bed of **Caesar salad**. Finish with the remaining **parmesan cheese,** and **dressing**. Enjoy!

Share your masterpiece! Tag your photos with #HelloFreshPics and share on you'll be entered into our weekly photo contest!

