

Chicken Caesar Salad

Ingredients

Salad

8 oz	Chicken breast
1 tsp	Olive oil
4 slices	Baguette (on diagonal, melba thin)
1/2 clove	Garlic (minced)
2 heads	Baby romaine lettuce
1	Large egg
1 handful	Arugula and mustard cress
2 tbsp	Parmesan (grated)
1 tbsp	Sunflower seeds

Dressing

2 tbsp	Greek yogurt (fat free)
½ clove	Garlic (minced)
1 tsp	Dijon mustard
1 tsp	Malt vinegar
1 tbsp	Olive oil
Sprinkle	Salt and pepper

Preparation

1. **Preheat the oven to 350°F.**
2. **Brush the chicken with 1 tsp of olive oil.**
3. **On a hot grill pan, sear the chicken breast for 4-5 minutes before flipping over and doing the same for the other side.**
4. **Slice baguette on diagonal and place on a baking sheet. Brush a little olive oil. Toast the bread for 10 minutes until crisp.**
5. **Rub the bread with half of the minced garlic.**
6. **Once the chicken has strong grill marks, cover the pan with foil and place in the hot oven on a higher shelf for 15 minutes.**
7. **Meanwhile, wash and spin dry lettuce.**
8. **Carefully drop the egg into boiling water and boil for 5 minutes. Empty the boiling water and replace it with cold water. Let the egg stand in the cold water.**
9. **Combine yogurt, the remaining half clove of garlic, dijon mustard, 1 tbsp of olive oil and malt vinegar in a small mixing bowl.**
10. **Stir together with whisk and add salt and pepper for taste. Set aside.**
11. **Chop lettuce and place in a big bowl. Toss with dressing for a couple minutes to evenly distribute. Cut chicken and egg into strips and toss with salad.**

