

# **GRILLED CHICKEN**

# **CAESAR SALAD**

## **Ingredients**

- ☐ ½ cup Olive Oil
- ☐ ½ cup grated Parmesan
- ☐ 2 lemons, juice from one/slices from the other
- ☐ 2 tbsp Dijon Mustard
- ☐ 2 Garlic Cloves, minced
- ☐ 4 Anchovy Filets, finely chopped
  
- ☐ 4 Chicken Breasts
- ☐ 2 Avocados, pitted, quartered, and peeled
- ☐ Romaine Lettuce, bunch

## **Utensils**

- ☐ Mixing Bowl
- ☐ Grill Pan

## **Cooking Instructions**

1. In mixing bowl, mix olive oil, parmesan, lemon juice, Dijon, garlic, and anchovy fillets. Put to side
2. Set grill pan to medium-high, coat with oil
3. Season chicken on both sides with salt and pepper
4. Cook chicken in pan, 6-8 minutes per side
5. Transfer chicken to plate
  
6. Add lemon wedges and avocado wedges to pan
7. Grill 1-2 minutes per side
  
8. Slice chicken and place on top of Romaine
9. Spoon on dressing
10. Squeeze lemon over everything