Lunch

Chicken Caesar Salad with Creamy Yoghurt Dressing

Tender pan cooked chicken thigh fillets rest on crisp cos lettuce and baby spinach with creamy avocado, finished with a yoghurt dressing and crunchy toasted croutons.



Nut free

25 min	458	4.1 g	2.7 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 2 small chicken thigh fillets, trimmed
- [ ] 1 teaspoon olive oil
- [ ] 1 small cos lettuce, chopped
- [ ] 1 cup baby spinach
- [ ] 1 small avocado, sliced
- [ ] 1 tablespoon Parmesan cheese, grated
- [ ] 1 slice of low-carb bread, cut into cubes, brushed with olive oil and toasted for croutons

Dressing

- [ ] 2 tablespoons Greek yoghurt, reduced fat
- [ ] 1 teaspoon parmesan cheese, grated
- [ ] 1 tablespoon olive oil
- [ ] ½ teaspoon Dijon mustard
- [ ] ½ small garlic clove, crushed
- [ ] Juice of ½ a lemon
- [ ] Freshly ground black pepper, to taste

Nutrition Facts

Per serving

Calories	**458**
Total fat	31 g
Saturated fat	6.9 g
Sodium	357 mg
Total carbs	4.1 g
Fiber	10.6 g
Total sugars	2.7 g
Protein	35.4 g

Method

- [ ] **1** Place a pan over medium heat and pour in 1 teaspoon of olive oil.
- [ ] **2** Rub the trimmed chicken thigh fillets with a little black pepper, then lay them in the pan and cook for approximately 6-8 minutes on each side, until the outside turns golden and the flesh is cooked right through.
- [ ] **3** Give the cooked fillets a few minutes to rest, cut them into slices and put them to one side.
- [ ] **4** For the dressing, whisk the Greek yoghurt, grated parmesan cheese, olive oil, Dijon mustard, crushed garlic, juice of half a lemon and freshly ground black pepper together in a small bowl until the mixture turns creamy, then give it a taste and stir in extra lemon if you like it sharper.
- [ ] **5** In a large mixing bowl, turn the chopped cos lettuce, baby spinach and sliced avocado through half of the dressing.
- [ ] **6** Spread the dressed salad across two plates and arrange the chicken slices over the top of each one.
- [ ] **7** Scatter grated Parmesan cheese over each plate and tuck in a handful of the toasted low-carb bread croutons.
- [ ] **8** Spoon the rest of the dressing over everything right before serving.

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