

Chicken Caesar Salad

Serves 4



PROJECT FOOD

A helping hand to healthy eating

Ingredients

- 4 thick slices crusty bread
- 3 tbsp olive oil
- 2 skinless, boneless chicken breasts
- 1 large cos or romaine lettuce, leaves separated

For the dressing

- 1 garlic clove
- 2 anchovies from a tin, chopped (optional)
- Italian style cheese for grating and shaving
- 2 tbsp low fat mayonnaise
- 2 tbsp low fat Greek yoghurt
- 1 tbsp white wine vinegar or lemon juice



Method

1. Heat oven to 200C/fan 180C/gas 6. Cut your bread into cubes to make croutons using a bread knife. Spread over a large baking sheet or tray and sprinkle a little olive oil.
2. Rub the oil into the bread and season with a little salt. Bake for 8-10 mins, turning the croutons a few times during cooking so they brown evenly.
3. Rub 2 skinless, boneless chicken breasts with a little olive oil, season. Place pan over a medium heat for 1 min, until hot, but not smoking. Lay the chicken on the pan (it will sizzle if it's hot enough) and leave for 4 mins.
4. Turn the chicken, then cook for 4 mins more. Check if it's cooked by poking the tip of a sharp knife into the thickest part; there should be no sign of pink and juices will run clear.
5. Bash 1 garlic clove with the flat of a knife and peel off the skin. Crush with a garlic crusher. Mash 2 anchovies with a fork against the side of a small bowl.
6. Grate a handful of parmesan cheese and mix with the garlic, anchovies, yoghurt, mayonnaise and white wine vinegar or lemon juice.
7. Shave the cheese with a peeler. Tear 1 large cos or romaine lettuce into large pieces and put in a large bowl. Pull chicken into bite-size strips and scatter half over the leaves, along with half the croutons.
8. Add most of the dressing and toss with your fingers. Scatter the rest of the chicken and croutons, then drizzle with the remaining dressing. Sprinkle the parmesan on top and serve straight away.

Top Tips

This salad recipe is great for using up left over roast chicken. Chicken thighs also work very well and are normally cheaper than chicken breasts.

Croutons are also great for cutting down on food waste. Any bread you have left over will work well, but wholemeal bread is the best option for fibre and keeping you feeling fuller for longer.

Why not up your salad game and make this one more interesting by adding some colourful veggies. Avocado, cherry tomatoes and radishes will all taste delicious.



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Chocolate and berry mousse pots

Serves 4

Ingredients

75g dark chocolate, grated
4 tbsp low-fat yogurt
2 large egg whites
2 tsp caster sugar
350g berries (try blueberries, raspberries, cherries or a mix)

Method

1. Melt the chocolate in a heatproof bowl over a pan of simmering water, making sure the bowl doesn't directly touch the water. Once melted, allow it to cool for 5-10 mins, then stir in the yogurt.
2. Whisk the egg whites until stiff, then whisk in the sugar and beat until stiff again. Fold the whites into the chocolate mix – loosen the mixture first with a spoonful of egg white, then carefully fold in the rest, keeping as much air as possible.
3. Put the berries into small glasses or ramekins, then divide mousse on top. Chill in the fridge until set.

