

Tasmania Home Learning

Chicken Caesar Salad Activity

Things you will need	Chicken Caesar Salad Activity
<p>Ingredients:</p> <ul style="list-style-type: none">• 4 thick slices crusty white bread• 3 tbsp olive oil• 2 skinless, boneless chicken breasts• 1 large cos or romaine lettuce, leaves separated• 1 garlic clove• Medium block cheese• 5 tbsp mayonnaise	 <p>Activity</p> <ol style="list-style-type: none">1. Heat oven to 200C/fan 180C/gas 6. Tear the bread into smaller pieces and spread bread over a large baking sheet or tray and sprinkle over 2 tbsp olive oil.2. Rub the oil into the bread and season with a little salt if you like.3. Bake for 8-10 mins, turning the croutons a few times during cooking so they brown evenly.4. Rub 2 skinless, boneless chicken breasts with 1 tbsp 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 minutes.

5. Turn the chicken, then cook for 4 minutes 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.
6. Bash 1 garlic clove with the flat of a knife and peel off the skin. Crush with a garlic crusher.
7. Grate a handful of cheese and mix with the garlic, 5 tbsp mayonnaise. Season to taste. It should be the consistency of yogurt – if yours is thicker, stir in a few tsps water to thin it.
8. 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.
9. 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 cheese on top and serve straight away.