

Fresh for Kids® Caesar chicken salad



Caesar chicken salad

Preparation: about 20 minutes
Cooking: about 10 minutes
Serves: 4

4 thick slices multigrain bread, crusts removed and cut into 2cm-thick cubes

Olive oil cooking spray

4 eggs, at room temperature

2 baby cos lettuce

½ barbecued chicken, flesh shredded (skin and bones discarded)

100g shaved parmesan cheese

⅓ cup toasted pine nuts

⅓ cup Caesar salad dressing

1. Liberally spray bread cubes with oil. Heat a large non-stick frying pan over medium heat. Add bread and cook, tossing often, for 4–5 minutes until golden. Set aside.
2. Boil eggs a small saucepan of gently boiling water for 3 minutes. Drain, cool under cold water and peel. Set aside.
3. Trim and cut lettuce into bite-size pieces. Place into a large bowl. Add chicken, parmesan, pine nuts and bread cubes. Drizzle with Caesar salad dressing. Toss to combine. Arrange on serving plates. Halve boiled eggs lengthways, top each salad with an egg and serve.

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Baby Cos lettuce

- Top of the lettuce class for vitamins C, folate and beta carotene (converted to vitamin A in the body). Vitamins A and C help the body's defence against infection. Folate is important for heart health.
- A good source of potassium which helps balance some of the sodium from salt.
- Provides dietary fibre, which is valuable to keep the intestine functioning well.

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