

Classic Caesar Salad

Who doesn't love a Caesar salad? It's a beautiful combination of flavours and textures that naturally lends itself well to whole-food LCHF eating. Caesar dressing can be stored in the fridge for up to 2 weeks. Feel free to use more on your salad if you're a sauce-lover, or simply save leftover dressing for another time.

Serves	4	Per serve	
Prep time	15 minutes	Carbs	3.8 g
Cook time	15 minutes	Protein	42.4 g
Difficulty	●●●	Fat	58.1 g
		Energy	456 Cal

INGREDIENTS

For the Caesar salad:
1 tbsp oil or butter
400 g chicken breast,
cut into thin strips
4-5 rashers streaky bacon
1 cos lettuce
1-2 tomatoes (optional)
4 eggs
2-3 slices of Fluffy Bread
(page 196; optional)
handful shaved parmesan

For the Caesar dressing:
¾ cup mayonnaise
(page 220, or use
store-bought)
2-3 anchovy fillets
1-3 cloves garlic
½ cup grated Parmesan

METHOD

Heat the oil or butter in a large frying pan over a medium-high heat. Add the chicken and cook for 5-6 minutes, stirring often, until cooked through. Transfer to a plate to rest.

Add the bacon to the pan and cook for 2-3 minutes on each side, or until crispy and golden.

While the chicken and bacon are cooking, cut the lettuce in half and tear the leaves to the size you prefer (we quite like to have some long boats combined with some shredded lettuce). Dice the tomatoes (if using) into 1-2 cm chunks. Add everything to a large bowl along with the chicken and bacon once cooked, breaking the bacon up into bite-sized pieces.

Place all the ingredients for the Caesar dressing into a smoothie blender (or use a jug and a hand-held blender). Add 1-2 tablespoons of chicken/bacon fat from the frying pan and blend until smooth. Add half the dressing to the large bowl of salad ingredients, toss to combine and season to taste with salt and freshly ground black pepper.

Poach the eggs until they are cooked soft (page 44 for how to do this perfectly). While the eggs are poaching, toast the bread (if using) and dice into 1-2 cm croutons.

To serve, top portions of salad with a poached egg and the croutons. If you like, drizzle over the remaining dressing (or reserve it for future use). We like to reserve some large lettuce leaves and serve the salad in those.

