

COMPLETE MEAL

Funky Chicken Caesar Salad

A simple salad of spicy chicken and lettuce with a topping of crunchy croutons.

Makes 10 portions (92g/portion)

Ingredients

500g	7 Green Gourmet Funky Chicken 70g-100g fillets (GG code – 7284)
Croutons:	
108g (3 slices)	bread, medium
10ml (2 tsp)	lemon juice
3g (1 tsp)	dried mixed herbs
200g	lettuce, shredded
100ml	Caesar dressing
100g	cheese, grated

Method

1. Cook the Green Gourmet Funky Chicken 70-100g fillets according to cooking instructions. Cool and cut into a small dice.
2. Cut the slices of bread into small diced pieces, sprinkle with lemon juice and mixed herbs. Place onto a greased baking tray. Bake in a hot oven for 5 –10 minutes.
3. Place the shredded lettuce into a serving dish sprinkle with the chicken and croutons.
4. Pour over the dressing and sprinkle with grated cheese.

Serving Suggestions

Use wholemeal bread for extra fibre and seeded bread for extra mineral contribution. It is also a great way to use up bread that has gone dry.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
175.1	7.7	2.0	9.8	1.1	0.6
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
16.5	1.1	0.9	140.8	51.7	2.1
Folate (µg)	Sodium (mg)				
21.5	335.6				

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