



## BEST EVER CAESAR SALAD



2 servings



20 minutes

### INGREDIENTS

1 thick slice of sourdough, about 80g (2½oz)  
2 teaspoons extra virgin olive oil  
1 sprig of thyme, leaves stripped  
½ teaspoon garlic granules  
3 slices of Parma ham  
1 romaine lettuce, sliced  
Handful of cherry tomatoes, halved 160g (5½oz)  
Cooked chicken breast, sliced  
Salt and pepper

For the dressing 4 anchovies in oil  
2 tablespoons thick kefir or strained natural yogurt  
Juice of 1 lemon  
15g (½oz) Parmesan cheese, grated, plus extra to serve  
2-3 teaspoons Worcestershire sauce, to taste  
¼ teaspoon garlic granules

### DIRECTIONS

1. Preheat the oven to 190°C/170°C fan (375°F) Gas Mark 5.
2. Cut the sourdough into cubes and toss in the olive oil, picked thyme leaves, garlic granules and salt to taste. Spread out in a single layer on an oven tray and bake in the oven for 15 minutes, turning occasionally, until golden.
3. Meanwhile, pan-fry the Parma ham in a dry frying pan over a medium-high heat, turning a few times until lightly coloured. Allow it to cool on kitchen paper to turn crisp.
4. Blend the dressing ingredients together in a food processor or blender. There's no right or wrong here; adjust it according to your taste. You might prefer more Worcestershire sauce and a strong lemon flavour. The dressing should have a loose consistency, not too thick. Add more yogurt to thicken if necessary and season with a few turns of black pepper.
5. Assemble the salad in a bowl by combining the lettuce, tomatoes, chicken, crispy ham and a generous amount of the dressing. Mix everything well, then add the sourdough croutons and give it a final toss.
6. Finish the salad with a grating of Parmesan, then serve.

*Under 400kcal, 30g protein per serving*