



## Chicken Caesar cutlet

Serves 2  
1 bite per serving

A little twist on our ever popular Caesar Salad. A wee bit of extra effort but trust us, it'll be worth it

## Ingredients

### For the Caesar dressing:

- 4 Tbsp Lightest Mayo
- 1 Tbsp Worcestershire sauce
- 1 clove Garlic
- 1/2 tsp Dijon
- Juice of half a lemon
- 1 Tbsp water

### Chicken Cutlets

- 2 chicken breasts
- 1 egg
- 30g of wholemeal sourdough breadcrumbs
- 1 tsp Italian Seasoning
- salt and pepper

### For the salad

- Cos lettuce
- 4 Bacon medallions
- 30g Sour-dough loaf
- 30g Parmesan shavings (reserve a little for on top)
- Fresh herbs if available

## Method

Firstly, blitz your dressing ingredients in a food processor, or whisk by hand. Add a little splash of water until you get the desired consistency.

Meanwhile, cube your bread and spray with oil. Add to a preheated air-fryer and toast until golden brown and crispy, 5 minutes should do it.

Toss your ingredients together, using your hand to evenly coat the salad with your dressing.

Next, between two pieces of cling film, place the chicken breasts and flatten with a rolling pin. Mix the breadcrumbs with the Italian seasoning, salt and pepper. Dip the flattened chicken breast into the beaten egg, then into the breadcrumbs.

On a large frying pan, lined with greaseproof paper, place the breaded chicken and cook for 4 minutes either side (medium to low heat). Place on top of the salad and dust with a final dusting of parmesan and any leftover dressing