

# CAESAR SALAD

*(our way)*

*I pop a whole chicken in the oven to roast most Sunday evenings: it takes 2 minutes to season, drizzle with olive oil and pop in the oven, and then it roasts on its own for an hour and 20 minutes or so while I finish off a few other chores. This is just one of the meals we make with it.*

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SERVES 4

## *For the dressing*

- 125g/125ml (½ cup) crème fraîche
- 3 cloves garlic, very finely chopped
- 6 drained anchovy fillets, finely chopped
- 18g/15ml (1 tbsp) Dijon mustard
- juice of 1 lemon
- 5ml (1 tsp) honey (it is really harmless in such a small amount)
- 30g/60ml (¼ cup) grated Parmesan
- 125ml (½ cup) olive oil
- salt and freshly ground black pepper

## *For the salad*

- 1 roasted whole chicken, flaked
- 250g cos lettuce or gem lettuce, washed
- 2 avocados, sliced or mashed up
- 50g/125ml (½ cup) shaved Parmesan
- a few strips of crispy fried bacon (optional)

**per 100g:** energy: 308kcal  
protein: 18g • fat: 25g • carbs: 4g  
**allergens:** dairy, fish

1. For the dressing: if making it by hand, whisk crème fraîche, garlic, anchovy, mustard, lemon juice, honey and Parmesan in a bowl until smooth. Gradually whisk in the olive oil until you have a runny consistency. If making it in a food processor, just combine all the ingredients except the oil and process until smooth. Pour the olive oil into the bowl in a thin stream while the machine is running. Process until combined. Season lightly with salt and freshly ground black pepper.
2. Combine the flaked chicken, lettuce and avocado on a serving plate. Add Parmesan and bacon and drizzle with the creamy dressing.