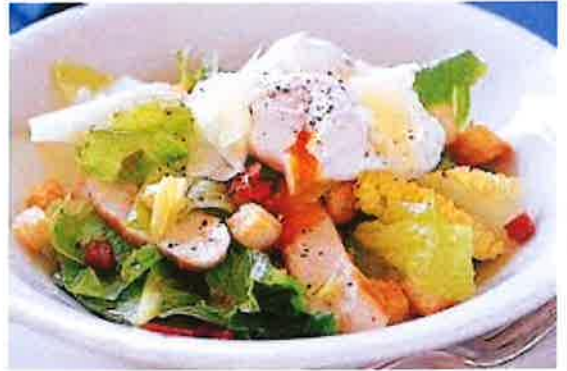


# Nourish-

## Nourish-chicken Caesar Salad



### Ingredients - 2 portions (422.5g per portion)

2	x 0g s (0g)	White toast sliced bread, Naturesfresh <i>slices cut into croutons</i>
30	grams	Fine shredded parmesan cheese, Mainland Special Reserve
2	x 60g each (120g)	Mixed size free range egg
150	grams	Chicken tenderloin, Tegel <i>Approx</i>
80	ml	Caesar dressing, French Maid
60	grams	Middle rindless bacon, Bees Knees <i>diced and made crispy in frying pan.</i>
1	x 500g each (500g)	Cosberg lettuce

### Method

1. season and sear the chicken tenderloins
2. Dice and fry the bacon till crispy and drain on paper towels. Fry off the croutons in the bacon fat till crispy.
3. Make the dressing by placing these ingredients in to a jar and shake. (keeps for 3 days)  
(2 Tbsp Olive oil, 5 chopped anchovies, 2 cloves crushed garlic, 1/2 cup cream, 2 Tbsp lemon juice.)
4. Poach two eggs
5. Wash and slice the cos lettuce.
6. Toss all the ingredients together and place into bowls.
7. Place the poached egg on top and sprinkle with the shredded Parmesan cheese and some cracked pepper.

### Nutritional Information (per 422.5g portion)

		0	100%	200%	300%
Age 19-54					
<b>Energy</b>	1669.43kJ				
<b>Total fat</b>	22.33g				
<b>Saturated fat</b>	7.90g				
<b>Carbs</b>	12.43g				
<b>Total sugars</b>	5.85g				
<b>Protein</b>	37.17g				
<b>Iron</b>	2.79mg				
<b>Sodium</b>	896.74mg				
<b>Fibre</b>	6.22g				