



CHERRY CAESAR SALAD

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

- 340g **Romaine lettuce hearts**
- 200g pitted **fresh sweet cherries**
- 400g uncooked **chicken breast**
- 3 slices of **day-old bread**
- 60ml **extra virgin olive oil**
- 2 tbsp shredded **Parmesan cheese**
- 3 tbsp **fresh lime juice**
- 1 clove crushed **garlic**
- $\frac{3}{4}$ tsp **salt**
- $\frac{1}{2}$ tsp grated **lime peel**
- 1 tsp **coarse black pepper**

MACROS PER PORTION

CALORIES	414	PROTEIN	37
CARBS	17	FATS	22
FIBRE	3		

INSTRUCTIONS

To make the easy Parmesan croutons:

Cut the bread into 1cm cubes and toss with 1 tbsp each of olive oil and Parmesan. Heat in a non-stick frying pan over a medium heat until golden brown and crunchy. Set aside to cool.

Meanwhile in a small saucepan over medium heat, bring 500ml of water to a boil, and poach the chicken breasts. When cooked remove the chicken from the pan and when cool enough to handle, cut into cubes around 3cm square.

Next make the lime dressing.

Combine 3 tbsps fresh lime juice, 1 small clove crushed garlic, $\frac{3}{4}$ tsp salt, $\frac{1}{2}$ tsp grated lime peel and $\frac{1}{4}$ tsp freshly ground coarse black pepper. Beat in 80ml olive oil until blended. Remove garlic clove just before using.

Next, toss the lettuce, cherries, chicken and croutons in a large salad bowl. Dress with the lime dressing, scatter with Parmesan cheese and toss lightly before serving.