Chicken Caesar Salad

Step 1: Prepare The Chicken

Ingredients

2 boneless, skinless chicken breasts

Salt and pepper to taste

Cooking oil

1. Preheat your air fryer/oven to 375°F (190°C) for about 3-5 minutes.
2. Season the chicken breasts with salt and pepper on both sides.
3. Lightly spray the chicken breasts with olive oil spray or cooking spray to help them brown.
4. Place the seasoned chicken breasts in the air fryer basket in a single layer, making sure they are not overcrowded.
5. Cook the chicken in the air fryer for 15-20 minutes, flipping halfway through the cooking time, or until the chicken is cooked through and reaches an internal temperature of 165°F (75°C).
6. Once the chicken is cooked, remove it from the air fryer and let it rest for a few minutes before slicing it into strips or cubes.

Step 2: Make The Dressing

Ingredients

1/2 cup mayonnaise

1/4 cup grated Parmesan cheese

2 tablespoons lemon juice

1 tablespoon Dijon mustard

2 garlic cloves, minced

1 teaspoon Worcestershire sauce

Salt and pepper to taste

1/4 cup olive oil

1. In a bowl, whisk together the mayonnaise, grated Parmesan cheese, lemon juice, Dijon mustard, minced garlic, Worcestershire sauce, salt, and pepper until well combined.

2. Slowly drizzle in the olive oil while whisking continuously until the dressing is smooth and creamy.

3. Taste the dressing and adjust the seasoning if needed by adding more salt, pepper, or lemon juice according to your preference.

4. If the dressing is too thick, you can thin it out by adding a little bit of water, milk, or more lemon juice.

5. Transfer the Caesar dressing to a jar or airtight container and refrigerate for at least 30 minutes before serving to allow the flavours to meld together.

6. Shake or stir the dressing before using it on your salad.

Step 3: Make The Croutons

Ingredients

4 cups bread cubes (from day-old bread, preferably crusty)

3 tablespoons olive oil or melted butter

1 teaspoon garlic powder (optional)

1 teaspoon dried herbs (such as thyme, oregano, or Italian seasoning) Optional

Salt and pepper to taste

1. Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper or aluminium foil.

2. Cut the day-old bread into cubes, about 1 inch in size. You can remove the crusts if you prefer.

3. In a large bowl, toss the bread cubes with olive oil or melted butter until evenly coated.

4. Sprinkle the garlic powder (if using), dried herbs, salt, and pepper over the bread cubes and toss again to coat evenly.

5. Spread the seasoned bread cubes in a single layer on the prepared baking sheet.

6. Bake in the preheated oven for 10-15 minutes, or until the croutons are golden brown and crisp, stirring occasionally to ensure even browning.

7. Once the croutons are done, remove them from the oven and let them cool completely on the baking sheet.

Step 4: Assemble The Salad

1. In a large bowl, combine the chopped romaine lettuce, croutons, and grated Parmesan cheese.
2. Add the sliced chicken to the salad.
3. Drizzle Caesar dressing over the salad and toss to coat evenly.
4. Serve immediately.