

CAESAR SALAD

Ingredients

Pinch of oregano

Half a cup of Parmesan cheese

Quarter teaspoon of salt

1 teaspoon mustard

A large garlic tooth

3 tablespoons of olive oil

Juice of half a lemon

120 g mayonnaise

: Caesar sauce

Sun of garlic + olive oil for baking

3 pieces of toast

Salt+pepper+olive oil to season the chicken piece

75g chicken breast cutlet

lettuce

Directions

Wash the lettuce well, then cut the toast bread into square pieces, then put the bread pieces in a bowl and add the garlic and two tablespoons of olive oil and mix the pieces a little. In a pre-heated bowl, we put the bread pieces in it on a low heat and leave it until roasting, then we cut the chicken and add salt and black pepper on both sides and a spoonful of olive oil. We put the toasted bread in a second bowl, and in the same bowl to toast the bread, put the chicken pieces and roast both sides, then leave the pieces to cool.

Caesar sauce: In a bowl of mayonnaise, put half a cup of lemon juice, mustard, 3 tablespoons of olive oil, then add salt to taste and add a crushed garlic tooth, then grate Parmesan cheese and a pinch of oregano, then mix the ingredients until the mixture is homogeneous. We cut the lettuce and put it in the serving dish, then cut the grilled chicken and put it in the serving plate, then cut the bread and decorate it with caesar sauce and then serve.

C H E F O M A R

Bon Apetit!