



Underberg's Caesar salad with grilled chicken breast fillets

Ingredients

Serves 4

For the salad

- 3 roman salad hearts
- 50 g parmesan cheese

For the chicken breast fillets

- 2 chicken breast fillets
- 50 ml olive oil
- 2 cl Underberg
- 1 tbsp honey
- salt, pepper

For the dressing

- 2 egg yolks
- 2 tbsp lemon juice, freshly squeezed
- 1 tsp mustard
- 100 ml vegetable oil
- 1 garlic cloves
- 15 g parmesan grated
- 10 g chives
- 10 g parsley
- salt, pepper

For the croutons

- 2 slices of white bread with crust
- 2 tablespoons of olive oil

Preparation

Rinse chicken breast fillets under running water and pat dry. Mix oil with Underberg and honey and season with salt and pepper. Put them in a plastic bag together with the chicken breast fillets and let them stand in the fridge for about 30 minutes or more.

Preheat the grill and grill the chicken breast fillets at medium heat (approx. 160-200 °C). To

do so, place the chicken breast fillets on the grill, cover the grill and grill the meat for 7-10 minutes. Turn the chicken breast fillets, close the lid and grill for another 7-10 minutes. The chicken breast fillets should then have a core temperature of 75 °C. Cut into strips for serving.

For the dressing, peel and finely chop the garlic. Wash the herbs and chop finely. Place all ingredients except the herbs in a blender and mix until you have a creamy mixture. Add the herbs and mix in. Season with salt and pepper.

For the croutons, cut the bread into small cubes. Heat oil in a pan and fry bread cubes in it at medium heat until golden brown.

Wash romaine lettuce, remove stalk and cut leaves into strips. Slice the parmesan. Mix salad strips

with dressing and serve with chicken breast strips and parmesan.

Preparation time: 45 minutes

Nutritions per serving:

723.4 kcal/ 3001.3 kj

14,8 g of carbohydrates

34,7 g protein

56,8 g fat