

Grilled salad

Author: Sofia Holmes
Preparation: Less than 15 minutes
Cooking: Less than 15 minutes
Yield: 4 servings
Cuisine: Mediterranean
Meal: Salad
Season: Summer



A strengthen salad.

Romaine Salad

1	Tomato	1	Olive oil, extra-virgin
1	Chicken breasts, large	1	Salt and pepper
1	Lettuce	1	Cheese

Caesar dressing

1	Mayonnaise	1	Garlic cloves
1	Anchovies	1	Mustard
1	Parmesan cheese, grated		

Directions

1. Preheat your oven to 200°C. Toss the tomatoes with some olive oil, salt, and pepper on a baking surface. Roast them a bit, very carefully.
2. To make the short version Caesar dressing, chop the garlic and anchovy into a paste, then add to a mixing bowl. Whisk in the remaining ingredients, add salt and pepper to taste, and add a bit more lemon juice if the dressing gets too thick.
3. Prepare the chicken for grilling. Place the chicken flat on a cutting board, then slice each breast in half lengthwise to make 2 thin butterflied cutlets, 8 total. Grill them with some olive oil, salt and pepper; then set aside.
4. Slice the lettuce in big halves, then brush with more olive oil and sprinkle with a bit of salt. Grill cut-side-down until for 1 minute or so.

5. Slice the chicken into bite-sized pieces, then put everything together: place the lettuce cut-side-up, then scatter with chicken and roasted tomatoes; drizzle with the dressing and scatter with some shredded parmesan cheese.

** The tomatoes, dressing, and chicken can all be made up to a day in advance.