

Chicken Caesar Salad



2.1:1 ratio

- **Preparation time:** 20 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	38g	36g LCT	
		2g MCT	
Protein	16.1g		
Carbohydrate	2.0g		
Energy (calories)	414kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Chicken breast, raw, diced	40g	
Garlic purée e.g. GIA	1g	
Tomato purée e.g. GIA Sun Dried	2g	
Olive oil (for chicken)	10g	
MKD bread roll (see recipe, contains MCTprocal)	25g	
Olive oil (for croutons)	6g	
Lettuce e.g. Iceberg, shredded	25g	
Mayonnaise, full fat e.g. Hellman's	15g	
Parmigiano cheese, grated	10g	

Method:

1. Preheat oven to 200 °C / fan 180 °C / gas mark 6.
2. In a bowl, mix the chicken, garlic and sun-dried purées and, olive oil.
3. Place mixture on baking tray, cook for 10 to 15 minute or until chicken is cooked.
4. To make the croutons, in a bowl, mix the diced MKD bread roll with olive oil.
5. Place on baking tray, cook in the oven for 5 to 10 minutes until crispy.
6. Allow the chicken and croutons to cool.
7. In a bowl, mix gently the lettuce, chicken, croutons and mayonnaise, transfer onto a plate.
8. To serve, sprinkle Parmigiano cheese over the top.



- Add a pinch of paprika or Italian mixed herbs when cooking the chicken for an alternative flavour!

MCTprocal is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.

MKD-CCS-1220-V1
Aug 2021