

Skinny Chicken Caesar Salad



Serves 4 Prep 30 mins Cooking 10-12 mins Easy

Ingredients

4 skinless chicken breasts
2 tsp olive oil
juice of 1 lemon
1 large romaine or cos lettuce, chopped into large pieces
1 punnet of salad cress
4 hard-boiled eggs, peeled and quartered
25g parmesan, finely grated
170g pot fat-free Greek yoghurt

1. Put the chicken breasts in a large bowl with the olive oil and 1 tbsp of lemon juice, then season. Heat the grill to high. Put the chicken breasts on a foil-lined tray and cook under the grill for 10-12 mins until golden and cooked through, turning once during cooking. Transfer to a plate or board and slice.
2. Arrange the lettuce, cress and eggs on a platter or serving plates and top with the cooked chicken. Mix together the parmesan, yoghurt and remaining lemon juice, season to taste and pour over the salad.