

Raciones para 2

1 Egg

150 ml Extra virgin olive oil

½ Clove of garlic

½ Lemon

4 gr Anchovies in oil

1 Teaspoon Mustard

40 gr Parmesan cheese

Salt

1 Chicken breast

2 Cos lettuces hearts

Extra virgin olive oil

Salt

Pepper

Cubed bread (croutons)

Parmesan cheese

1 For the Caesar salad, whisk in a beaker the egg with the clove of garlic, lemon juice, drained anchovies, mustard, Parmesan cheese, salt, and olive oil until well-combined.

2 For the salad, cut the chicken breast into strips and halve the washed lettuce hearts. Add some olive oil, salt, and pepper, and cook on the grill, each on one side, at 200 °C, until well-done.

3 Serve in a large dish with the lettuce hearts first, then the chicken, croutons, and lastly some flakes of Parmesan cheese. Use the sauce as a dressing.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/ensalada-cesar/>

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