



& THE HEALTHY CHEF

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Teresa Cutter
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It's all about a healthier

Body

Cajun Chicken Caesar

PREP TIME: 10 minutes

SERVES: 2

WHAT IT'S GOOD FOR: LC P GI GF

Protein 47g • Fat 17g • Carbs 8g • Cal 365

The original version of a Caesar can top the 700 calorie (2800kj) mark as well as containing around 50g of fat! My version slashes the fat and calories whilst still making it taste and look terrific!

About 80 grams of chicken has around 4 grams of fat compared to the 8 grams contained in a lean steak. Chicken is a good source of tryptophan which is an essential amino acid that's used by the body to help make serotonin needed for a stable mood and a good nights sleep. It's high amino acid profile means that whilst you sleep your body will have some of the best power fuel to repair the body for your next workout. Lettuce is loaded with vitamins, minerals, iron and fibre. The darker the leaves the more nutrients it contains.

INGREDIENTS:

- 1 baby cos lettuce, leaves separated
- 300g lean chicken breast, thinly sliced
- 1 tablespoon Cajun spice
- 20g lean eye bacon
- 2 eggs, soft poached
- 20g shaved Parmesan cheese
- A few fresh basil leaves
- 2 slices sourdough

Caesar dressing

- Zest and juice from 1 orange
- 125g thick natural yoghurt
- Black Pepper

1. First make the dressing
2. Combine the ingredients in a bowl and set aside
3. Coat the chicken in the Cajun spice and cook in a non-stick pan with the bacon until crisp and golden
4. Arrange the cos lettuce between two large serving bowls
5. Top with Parmesan cheese, chicken and bacon
6. Place an egg over the top, either poached or softly boiled
7. Toast the sourdough then cut in half and place on top of the salad
8. Serve the salad with 2 tablespoons of the dressing.



VARIATIONS:

- Add roasted tomato to the salad and drizzle with a little balsamic and flaxseed oil.
- Spread sourdough toasts with avocado before serving.
- In place of chicken use salmon steaks
- Vegetarians can use Cajun spiced tofu in place of the chicken and silken tofu or smashed avocado blended with a little lemon for the dressing.



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WF
Wheat Free

GF
Gluten Free

LC
Low Carb

P
Protein

V
Vegetarian
Vegan

GI
Low GI