

Crispy Polenta Chicken Caesar Salad

<p>Equipment: Measuring cups and spoons Wooden spoon Frypan/s Knives Garlic crushers Chopping boards Bowls Tongs Blender</p>	<p>Ingredients: <u>Chicken</u> 2 x 200g chicken breasts ½ tsp sweet smoked paprika 2 heaped tbsp polenta Olive oil <u>Salad</u> 1/2 ciabatta loaf toasted 1 clove of garlic 2 red chicory 4 slices of smoked pancetta 2 romaine lettuces 10 ripe cherry tomatoes 2 large jarred red peppers Balsamic vinegar 1 punnet of cress <u>Dressing</u> 1 clove of garlic 2 lemons 40 g parmesan cheese (plus extra to serve) 4 anchovy fillets 4 heaped tbsp of fat free natural yogurt 1 splash of Worcestershire sauce 1 tbsp of red wine vinegar 1 tsp of English mustard ½ bunch of fresh basil</p>
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What to do:

Chicken

1. On a large sheet of baking paper, toss the chicken with the salt, pepper, paprika and polenta.
2. Fold over the paper, then bash and flatten the chicken to roughly 1.5 cm thick with a rolling pin.
3. Put into a frypan with 1 tbsp of oil, cook each side until golden and cooked through.
4. Cut into 4 thick slices of the bread, cook in the frypan used for the chicken. Remove the bread when it is nicely charred on each side.

Dressing

5. Squash the garlic through a garlic crusher, then squeeze in the lemon juice, crumble in the parmesan and add to the rest of the dressing ingredients. Blitz until smooth.

Salad

6. Rub the toast with the halved garlic clove, and cut into long strips.
7. Quarter the chicory and add to the frypan with the pancetta to char for a couple of minutes.
8. Roughly slice the lettuce and arrange on a platter/s.
9. Scatter over the bread strips, halve the tomatoes and slice the peppers then add to the platter/s.
10. Toss the chicory in a splash of balsamic and arrange on top,
11. Slice the chicken, lay it around the salad, drizzle with the dressing, crumble over the pancetta, and snip over the cress. Shave some parmesan over the top.
12. Serve and enjoy!