

Caesar salad – Feeds 2



Ingredients



4 cups chopped lettuce



1 tablespoon Caesar salad cream



1 tablespoon cooked bacon



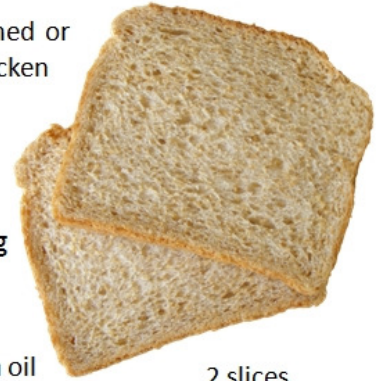
1 tablespoon Parmesan cheese



¼ cup steamed or boiled chicken



2 hard boiled egg



2 slices of bread

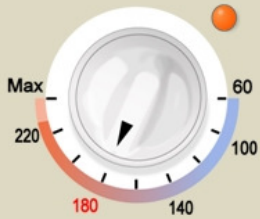


canola oil spray

Equipment



Croutons



Heat the oven to hot (180 degrees)
(The time will depend upon the oven)



Cut the bread into 1 cm pieces



Bake for 10 – 15 minutes

Bacon



Fry and slice the bacon

Chicken



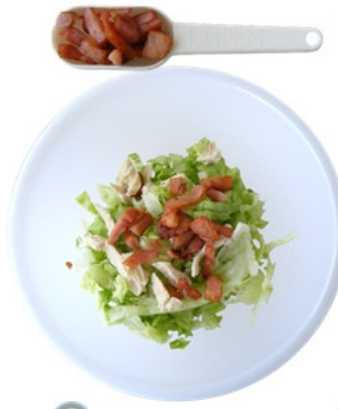
Steam or boil the chicken



1 Add 4 cups of lettuce



2 Add chicken



3 Add bacon



4 Add Caesar salad dressing



5 Add croutons



6 Add cheese

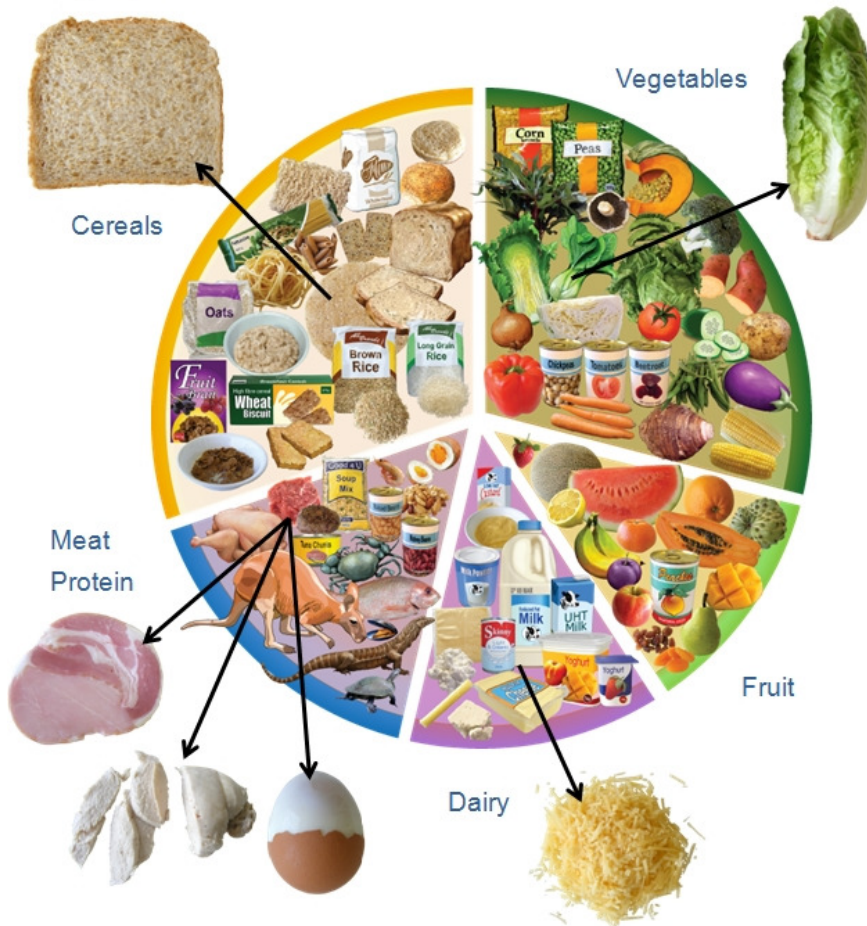


7 Serve

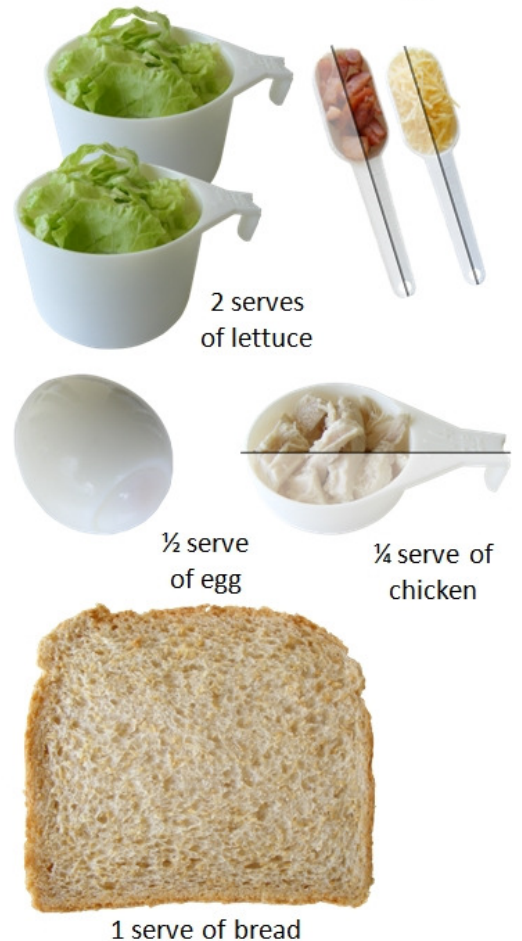


8 Add 1 egg for each serve

Food groups



Serves in 1 serve of Caesar salad and egg



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Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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