



DropChef Chicken & Bacon Caesar Salad with Baby Kale

This Caesar salad is a bowl full of contrasts: cool, refreshing leaves against dry, crunchy croutons; sharp lemony dressing against rich cheese, and biting garlic against delicious bacon. Many recipes focus on flavor; this one also shows how different textures can add to a dish even more!

Ingredients

- Chicken Fillet
- Rindless Bacon
- Baby Kale
- Caesar Dressing
- Parmesan
- Croutons

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 412 kcal
Carbohydrates: 25 g
Protein: 29 g
Fat: 19 g

Allergens

[Milk \(Parmesan, Caesar Dressing\)](#)

[Wheat \(Croutons\)](#)

[Egg \(Caesar Dressing\)](#)


[Fish \(Caesar Dressing\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Pre-heat the oven 180°C**

2) **Cook the chicken**

Season the chicken with salt & pepper. Then roast on a baking tray with a little oil for 15 minutes.

3) **Add the bacon**

After 15 minutes, lay the bacon slices on the baking tray with the chicken and cook for a further 8 minutes, turning half way through.

4) **Prepare the salad**

Wash the kale and pat dry with kitchen paper. Cut the chicken and bacon into strips.

5) **Plate the dish**

Mix the bacon and chicken in a bowl with the kale, dressing, croutons and parmesan. Serve and enjoy.



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