

## BLACKENED CHICKEN CAESAR SALAD

Partner Recipe

### CREAMY CAESAR DRESSING:

25mL Parmesan Cheese  
15mL Olive Oil  
15mL Sour Cream  
4mL White Vinegar  
1mL Lemon Juice  
1mL Worcestershire Sauce  
Pinch of Garlic Salt  
Pinch of Black Pepper

### CAESAR SALAD:

¼ Head Romaine Lettuce  
15mL Parmesan Cheese

### BLACKENED CHICKEN:

5mL Vegetable Oil  
1 Chicken Breast  
10mL Ketchup  
10mL Paprika  
1mL Salt  
1mL Black Pepper  
1mL Onion Powder  
1mL Ground Thyme  
1mL Chilli Powder  
1mL Cayenne Pepper

### EQUIPMENT:

### DIRECTIONS:

#### Creamy Caesar Dressing:

1. Combine all ingredients together. (\*If at home, chill for 10 minutes).

#### Blackened Chicken:

2. Wash and slice chicken breast.
3. Heat frying pan on medium heat. Add vegetable oil. Add chicken strips and stir-fry for 6-7 minutes, until chicken turns white.
4. Add remainder of ingredients. Stir fry for 8-10 minutes until chicken is no longer pink inside. Remove from heat.

#### Blackened Chicken Caesar Salad:

5. Wash and tear romaine lettuce into bite size pieces.
6. Put lettuce and Parmesan cheese into a large bowl. Toss. Drizzle salad dressing and toss again.
7. Arrange on dinner plate. Scatter chicken mixture over top of each.



#### About "blackened" cooking:

>"Blackened" cooking originated in New Orleans. Traditionally, meat or fish is rubbed with Cajun spices and then cooked quickly in a hot, greased pan, giving the meat a crispy, dark coloured crust.  
>In this recipe we've added the spices during cooking to speed preparation, with equally tasty results!