

Rockstar Chicken Caesar Salad

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[Prep: 20 / TOTAL: 20]

[Serving size depends on how much chicken is left over]

- leftover roasted chicken, pulled off the bone and sliced.
- whatever greens you have in the fridge, in this case I have kale, romaine and arugula, wash and chop [shaved brussels sprouts work really well in this type of salad]
- handful of cherry tomatoes, washed and sliced in half
- avocado, pitted and cubed
- 4 tablespoons panko, toasted [you can also use plain breadcrumbs here]
- parmesan cheese to grate over the top
- pinch of cayenne pepper, salt and cracked fresh pepper

Dressing:

- ½ cup leftover buttermilk sauce
- ¼ cup olive oil
- 2 anchovy fillets
- 1 egg yolk [optional, I didn't have any eggs, but including one will make your dressing creamier]
- juice from one lemon or about 2 tablespoons
- cracked pepper to taste

[this marinade is already pretty salty, you probably wont need to add any extra]

For the basil and chive buttermilk dressing, whisk all of the ingredients together in small bowl except for the olive oil. The oil you should slowly incorporate a little at a time while whisking, so it can emulsify and the dressing can become thicker. This dressing won't become as creamy as a traditional caesar salad because of the volume of buttermilk already in the sauce - it will still taste darn good.

To assemble the salad just wash and chop up the romaine, kale [stem it first] arugula and put into a large mixing bowl. Wash and halve the cherry tomatoes, pit and cube/slice the avocado and mix both in with the greens. Here you can pre-mix the salad with a few tablespoons of the dressing - just enough to coat everything.

In small skillet or saucier pan toast a 4 tablespoons of panko crumbs on medium-high heat. Add a dash of olive oil, a pinch of salt, a little cracked pepper and a pinch of cayenne pepper. Toast for 4 minutes, stirring a few times so it doesn't burn.

Pull the roasted chicken off the bones and slice it up. [You should save all the bones, skin and other inedible pieces from the whole roasted chicken, it will make killer stock. You can always save them in a Ziploc bag in the freezer until you are ready to make a homemade stock.]

Plate the mixed salad and top with the sliced chicken. Drizzle more of the dressing on top and finish off with the toasted panko, the shaved parmesan and a few grinds of cracked pepper.

NOTE: If you have some leftover chicken but no buttermilk sauce (so sad) no worries, here's a basic caesar dressing that's easy to whip up:

Classic Caesar Dressing

[Should make enough for 2-4 salads, depending on serving size]

- 2 garlic cloves, peeled
- 3-4 anchovy fillets, washed if packed in salt
- juice from one lemon or about 2 tablespoons
- 1/2 teaspoon Dijon mustard
- 1 large egg yolk
- 1 teaspoon salt
- 1 teaspoon fresh cracked black pepper
- 1/2 cup extra-virgin olive oil

Blend all the ingredients together in small food processor, except the olive oil, or mash anchovies and pressed garlic together in a mortar and pestle and incorporate all the ingredients - again, except the olive oil. Transfer to a small bowl or measuring cup and slowly drizzle the olive oil while whisking the mixture. The slow drizzle will help the dressing come together and become creamy. If it becomes too thick for your liking you can always add a little water or vinegar to thin it out to be more like a vinaigrette.