



# UCOOK

## Superb Bacon Caesar Salad

**with crispy croutons & Italian-style cheese**

Long live the Caesar salad! Our version, including our take on its famous dressing, will rival that of any great restaurant (in our not-so-humble opinion!). Crispy bacon, sourdough croutons, and Italian-style cheese are just a few elements of what makes this salad so amazing!

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Quick & Easy

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 Leopard's Leap | Culinaria Chenin Blanc

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## Ingredients & Prep

1	Sourdough Baguette <i>cut into bite-sized chunks</i>
2 strips	Streaky Pork Bacon <i>cut into bite-sized chunks</i>
80g	Green Beans <i>rinsed, trimmed &amp; halved</i>
25ml	Caesar Dressing <i>(10ml Dijon Mustard, 10ml Worcestershire Sauce &amp; 5ml Tabasco)</i>
10ml	Lemon Juice
25g	Italian-style Hard Cheese <i>½ grated &amp; ½ peeled into ribbons</i>
10g	Anchovies <i>drained</i>
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
80g	Baby Tomatoes <i>cut in half</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Blender  
Paper Towel  
Egg/s (optional)

**1. CRISPY CROUTONS** Preheat the oven to 200°C. Place the baguette chunks on a roasting tray. Coat in oil, and season. Bake in the hot oven for 5-7 minutes until golden and crispy, shifting halfway.

**2. BRING THE CRISP** Place a pan over a medium heat with a small drizzle of oil. When hot, add the bacon chunks and fry for 2-4 minutes, until golden and crispy, shifting as it colours. Remove from the pan and drain on paper towel.

**3. GREEN KEEN BEANS** Boil the kettle. Submerge the halved green beans in boiling water for 2-3 minutes until plump and heated through. Drain on completion.

**4. DRESSED TO THE NINES** In a blender, add the caesar dressing, the lemon juice (to taste), the grated cheese, the drained anchovies (to taste), a drizzle of oil, and seasoning. Pulse until smooth and well combined. On completion, loosen with water in 5ml increments until drizzling consistency.

**5. SCRUMPTIOUS SALAD!** In a salad bowl, toss the shredded leaves, the halved baby tomatoes, and the blanched green beans. Top with the crispy bacon chunks and the croutons. Drizzle over the creamy dressing. Finish with a garnish of the cheese ribbons. Your feast awaits!



## Chef's Tip

If you would like a boiled egg on your salad, bring a pot of water to the boil. When boiling, cook the egg for 8-10 minutes for medium-hard. Peel, slice in half, and serve on the salad!

## Nutritional Information

Per 100g

Energy	702kj
Energy	168kcal
Protein	9g
Carbs	18g
of which sugars	2.7g
Fibre	1.8g
Fat	6.8g
of which saturated	2.4g
Sodium	520.3mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Fish, Soy

Cook  
within  
4 Days