



Chicken Caesar Salad Recipe





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Recipe Items:	1 Portion	5 Portions
PE Spinach (PE#21743)	#16 Scoop (60 gm)	300 gm (10.6 oz)
PE Chicken (PE#21735)	#20 Scoop (50 gm)	250 gm (8.8 oz)
Creamy Caesar Dressing	1 Tbsp (30 ml)	150 ml (5.1 fl oz)
Parmesan Cheese, fine ground	1 tsp (5 ml)	25 ml (1 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Cold Service - Keep Puree Essentials food cold prior to service, below 4° C or 40° F.



2. Plate the #16 Scoop (60 gm) of spinach mousse. Break apart the spinach with a spoon or scoop to alter the rounded scoop form.



3. Scoop on the #20 Scoop (50 gm) of chicken mousse. Using a spoon or the back of the scoop evenly spread the chicken mousse over the spinach mousse.



4. Cover the salad with 1 Tbsp (30 ml) of creamy Caesar dressing.



5. Finish the salad with 1 tsp (5 ml) of fine ground parmesan cheese, sprinkled evenly over the top of the salad.

Cold Service- keep Puree Essentials food temperatures cold, below 4° C or 40° F.

Variations: replace protein and/or add other vegetable combinations. Other dressings/toppings can also be considered.

Nutrition Facts	
Valeur nutritive	
Per 1 salad (123g) / par 1 salad (123g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	230
Fat / Lipides 15g	24%
Saturated / satures 3g	
+ Trans / trans 0g	14%
Cholesterol / Cholesterol 25mg	
Sodium / Sodium 580mg	24%
Carbohydrate / Glucides 8g	3%
Fibre / Fibres less than 1g	4%
Sugars / Sucres less than 1g	
Protein / Proteines 14g	
Vitamin A / Vitamine A	13%
Vitamin C / Vitamine C	4%
Calcium / Calcium	10%
Iron / Fer	15%

