



# Kale Chicken Caesar Salad with Grilled Croutons

**Makes:** 4

**Prep time:** 15 minutes

**Cook time:** 15 minutes

## Ingredients:

4 boneless, skin on chicken thighs

250g kale, ribs removed and fairly finely shredded

200g mayonnaise

1 clove garlic, peeled, plus 1 cut in half

1 teaspoon Dijon mustard

4 anchovy filets

2-3 tablespoons lemon juice

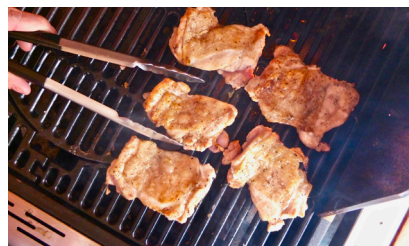
2 tablespoons natural yoghurt

Small dash Worcestershire sauce

Oil, for cooking

If you are a fan of sturdier salad leaves then give kale a try. It's important to massage the kale with your hands, to soften it slightly, so don't skip that step. Adding chicken and croutons bulks the salad out and makes it a satisfying lunch.

## Method:



**1.** Preheat two gas burners on the Jupiter Outback BBQ and set the heat to medium.

**2.** Using a rolling pin or meat tenderiser, flatten the thighs until they are an even thickness. Rub the thighs with a little oil and season with salt. Place the thighs over direct heat and cook for 8-10 minutes, or until cooked through.



**3.** Combine the mayonnaise, peeled garlic, mustard, anchovies, 2 tablespoons lemon juice and natural yoghurt in a blender. Whizz to combine. Taste and season with salt and pepper and more lemon juice, if necessary.



**Method continued:**



4. Combine kale with some of the dressing. Leave for 15 minutes.
5. Toast the sourdough on the barbecue until lightly charred - 30 seconds or so each side.
6. Rub each side with the cut garlic clove while still hot. Cut or tear into croutons. Slice the chicken and serve with the croutons and kale. Top with some of the remaining dressing.