



LIFELINE RECIPES

May 2022



CAESAR PASTA SALAD

PREPARATION TIME:

10 mins

COOKING TIME:

10 mins

SERVES:

4

INGREDIENTS

300g penne

3 tbsp olive oil

1 white roll, cut into 1cm cubes

A pinch dried oregano

2 chicken breasts, sliced

$\frac{3}{4}$ cucumber, halved lengthways and sliced

120ml Caesar dressing

$\frac{1}{3}$ round lettuce, leaves torn

25g grated pecorino

Turn a classic salad into a quick dinner or weekend lunch with this Caesar pasta salad recipe. Perfect hot or cold, this pasta salad has all the classic elements of a great Caesar - juicy chicken, crispy croutons, lots of fresh lettuce and a sprinkle of cheese all in a creamy dressing.

METHOD

Bring a large pan of salted water to the boil and cook the penne for 10 mins until al dente, then drain.

Meanwhile, add half the oil to a frying pan over a medium heat. Add the sliced chicken and fry for 8-10 mins until cooked through, stirring regularly.

Heat the remaining olive oil in a frying pan over a medium heat and toss in the bread cubes. Fry for 3-5 mins, stirring frequently, until the bread is golden and crisp. Add the oregano and stir again. Tip out of the pan and leave to cool.

Toss the cooked pasta, chicken, cucumber and dressing in a large bowl. When ready to serve, gently fold in the salad leaves, top with the croutons and sprinkle over the pecorino.