

Caesar Salad

4 servings • Category: Salad • Generated by Nutrifax

Ingredients

- 340 g Lettuce (cos or romaine, raw)
- 3/8 cup Cheese (parmesan, grated)
- 60 g Croutons (plain)
- 3 tbsp Vegetable oil (olive)
- 2 tbsp Lemon juice (raw)
- 2 clove Garlic (raw)
- 10 g Fish (anchovy, european, raw)
- 1 tsp or 1 packet Mustard (prepared, yellow)
- 1 large Egg (whole, raw, fresh)
- 1/4 × 5 ml whole Spices (pepper, black)

Instructions

1. Wash and dry the romaine lettuce. Tear or chop into bite-sized pieces and place in a large bowl.
2. Make the dressing: mince the garlic. In a bowl, whisk together the olive oil, lemon juice, minced garlic, anchovy paste, mustard, egg yolk, and pepper until emulsified.
3. Pour the dressing over the lettuce and toss until every leaf is coated.
4. Add the croutons and half the Parmesan. Toss again.
5. Divide among plates and top with the remaining Parmesan. Serve immediately.