

Caesar Salad With Hot Smoked Salmon



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 18 July 2018

Categories: Lunch Recipes

As a widely popular salad for lunch, entertaining or as a side dish, we've perfected our Caesar salad recipe with a store-bought dressing, homemade crisps instead of croutons, and just the perfect ratios of baby cos lettuce, parmesan and prosciutto.



Ingredients

Salad

- 100g shaved prosciutto
- 2 baby cos, leaves separated
- 300g hot smoked salmon, broken into pieces
- 4 eggs
- Shaved Parmesan, to serve
- Parsley or chervil leaves, to serve
- Purchased creamy Caesar dressing, to serve

Seed crisps

- ½ cup flaxseeds
- ½ cup pumpkin seeds
- ½ cup sesame seeds
- ½ cup tricolour chia seeds (or ¼ cup white combined with ¼ cup black chia seeds)
- ½ cup almond meal
- 1 lemon, finely grated rind
- 1 tsp sea salt flakes
- 1 tbsp honey
- ¾ cup water

Method

1. To make crackers, preheat oven to 160°C and line a large baking tray with baking paper.
2. Place seeds, almond meal, lemon rind, salt, honey and water in a bowl and stir until well combined. Turn mixture out onto prepared tray and spread evenly over tray until about 5mm thick. Bake for 20 minutes. Carefully turn and bake for a further 6-8 minutes or until dry and crisp. Transfer to a wire rack and cool. When cooled, break into pieces.
3. Increase oven temperature to 200°C and line a baking tray with baking paper. Place slices of prosciutto onto prepared tray and bake for 10 minutes or until crisp then transfer it to a wire rack and allow to cool. Break into pieces.
4. Meanwhile, bring a saucepan of water to the boil. Add the eggs and simmer for 7 minutes for soft-boiled. Drain and rinse under cold water. Crack eggs and place in a bowl of cold water before peeling (this helps to loosen the shell). Peel shells from eggs and cut into halves.
5. Arrange lettuce leaves, salmon, prosciutto and seed crisps onto a large platter.
6. Half eggs and add to salad. Sprinkle with shaved Parmesan and parsley or chervil leaves. Serve with the salad dressing.

Notes

You can store your seed crisps in an airtight container for up to 2 weeks.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
317g	3410kJ 815kcal	52.3g	59.2g	9.1g	10.9g	7.8g	1860mg	18.2g

All nutrition values are per serve.