

Good on the go



# Chicken Caesar bagel

*Serves 1*

45g yoghurt, such as Greek, natural, soy

15g parmesan, finely grated

½ tsp extra virgin olive oil

1 tsp Dijon mustard

Squeeze of lemon juice

Salt and pepper

135g cooked skinless chicken breast fillet, sliced

4 leaves of baby gem or cos lettuce, torn

1 plain bagel, split and toasted



## Method

Whisk the yoghurt, parmesan, oil, mustard and lemon juice together in a large bowl until smooth then season to taste. Add the chicken and lettuce leaves and toss to coat. Fill the bagel with the dressed chicken and lettuce then get stuck in.

## Alternative ingredients

To make this recipe dairy free you can swap the parmesan cheese for 10g of pine nuts.

## Tips

The dressing keeps for up to three days in the fridge, so you can make double the recipe and keep half for another day.

This dish uses cooked chicken breast to make it really quick, but you can cook your own if you'd prefer. The best way is to poach a whole chicken breast. Drop it into a pan of boiling water, bring it back up to the boil then cover the pan with a lid and remove from the heat. Leave it to stand for 10 minutes then remove the chicken and leave to cool slightly. To check that it's cooked, slice into the thickest part and make sure there's no pink meat.