

RECIPE

Plant-Based Crispy Chicken Caesar Salad

Get ready to elevate and spruce up your favorite vegan caesar salad. My crispy plant-based chicken in this salad really kicks the traditional caesar salad up a few notches! My creamy vegan caesar dressing is quick, simple, cheesy, garlicky and perfect as a dressing or dip. Enjoy!

Serves **4 - 6**

Ingredients

- **CAESAR DRESSING:**
- 1 Tbsp dijon mustard
- 2 Tbsp nutritional yeast
- ½ cup vegan mayonnaise
- 2 garlic cloves, peeled & grated
- 2 tsp capers, chopped
- 1 lemon, zested & juiced
- 1 Tbsp coconut aminos
- 1 Tbsp agave
- 2 Tbsp olive oil
- ½ tsp apple cider vinegar
- ⅛ tsp crushed red pepper flakes
- salt & ground black pepper to taste
- **SALAD:**
- 4 - romaine hearts, washed & dried - then cut into 2 inch pieces
- 1 cup - vegan croutons (store bought)
- ¼ cup shredded vegan parmesan cheese
- 1 lemon - sliced or into wedges for garnish (optional)
- **CRISPY PLANT-BASED CHICKEN:**
- 8 plant-based chicken strips
- **BREADING:**
- 1 cup all purpose flour seasoned with: ½ tsp salt, ¼ tsp ground black pepper, ½ tsp garlic powder and ½ tsp onion powder
- ½ cup liquid vegan egg product seasoned with: 1 tsp hot sauce

- 1 ½ cups seasoned vegan panko breadcrumbs
- avocado oil for shallow frying

Preparation

1. **Preparing the caesar dressing:** Add all the ingredients listed in the dressing to a measuring cup/container or jug and blend up with an immersion blender until creamy. Cover and set aside in the refrigerator until you are ready to prepare the salad.
2. **Frying the plant-based chicken tenders.**
PREPARING THE BREADING STATION: Prepare three bowls or square takeout containers - 1 - place the seasoned flour, 2 - place the vegan liquid egg product and 3 - place the seasoned vegan panko breadcrumbs.
3. **Place the plant-based chicken tenders into the seasoned flour, shake off the excess, then place into the vegan egg mixture, using your dry hand then place the plant-based chicken tenders into the panko breadcrumbs. Making sure at each step you are covering the front and back of the tenders completely. Place the breaded tenders on a clean plate and set aside until you are ready to shallow fry.**
4. **PAN/SHALLOW FRYING TENDERS:** Place a large frying pan or skillet over medium heat, heat enough oil to shallow fry the plant-based chicken tenders about one inch high. When the oil is hot enough add the breaded tenders and fry both sides until golden brown. About 2-3 minutes each side, making sure you are using kitchen tongs to turn and flip the

tenders over. Remove tenders and place on a wire rack to keep them crispy or paper towels.

5. **ASSEMBLE THE SALAD: Using a large bowl or platter assemble the salad.** Toss the romaine with the delicious caesar dressing - I would add a little at a time, you don't want to over dress the salad. Garnish with croutons, shredded plant-based parmesan cheese and lemon wedges/slices. Serve & Enjoy!!!

Tips

This delicious recipe can be prepared gluten-free by using GF croutons, flour and breadcrumbs/panko breadcrumbs. The recipe for the caesar dressing can also be used for a dip - it's amazing with steamed broccoli, artichokes or on a crudité platter.