

A Sutherland Belle

Roasted Broccoli & Brussels Sprouts Chopped Kale Chicken Caesar Salad

INGREDIENTS

For the Chicken

- ½ of a lemon, juiced
- 1 tablespoon olive oil
- 2 tablespoons Dijon mustard
- 1 clove of garlic, minced
- 1 tablespoon fresh rosemary, minced
- ¾ teaspoon kosher salt
- Fresh ground black pepper to taste
- 1-1 ½ pounds boneless skinless chicken breasts (or tenders)

For the Dressing

- ½ cup Duke's mayo
- ¼ cup sour cream
- ½ teaspoon anchovy paste
- 3 cloves garlic, finely minced
- 1 ½ tablespoons olive oil
- ⅔ tablespoon lemon juice
- 1 ½ teaspoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- ½ teaspoon freshly ground black pepper
- 2 anchovy filets (optional)
- ¼ cup finely shredded fresh parmesan cheese
- Salt to taste

For the Salad

- 1 large bunch Lacinato kale, stems removed
- 1 large romaine hearts
- ¾ pounds Brussels sprouts, quartered
- 2 bunches of broccolini, ends trimmed
- 2 tablespoons olive oil
- salt and pepper
- ¾ cup grated parmesan cheese

INSTRUCTIONS

For the Chicken

1. In a small bowl, whisk together the ingredients for the marinade.
2. Season the chicken with salt and pepper, then place it in a freezer bag.
3. Pour the marinade over the chicken, seal the bag, then massage it into the chicken with your hands. Refrigerate for at least an hour.

For the Dressing

In a mixing bowl, combine Duke's mayonnaise, anchovy paste, olive oil, lemon juice, mustard, Worcestershire sauce, pepper, salt, and garlic, then stir. Next, whisk in sour cream and ¼ cup of parmesan cheese. Store in an airtight container in the refrigerator until ready to serve. If you choose to include anchovy fillets, be sure to finely mince before incorporating them.

For the Salad

1. Remove the chicken from the refrigerator and prepare vegetables.
2. Preheat oven to 350F. Place Brussels sprouts and broccolini on a large parchment-lined roasting pan. Toss with oil, salt, and pepper. Add wire rack and place chicken with marinade on top. Cook for 20-25 minutes, flipping halfway through. *The broccolini may cook a little faster.*
3. Place chicken on a cutting board and let rest before slicing. Allow vegetables to cool slightly.
4. In a large bowl, add kale and massage until it breaks down the leaf. Add romaine hearts, parmesan cheese, sprouts, broccolini, and sliced chicken. Toss with the desired amount of dressing. Enjoy! *This salad is even better the next day and perfect for meal prep.*