HIGH PROTEIN 75 Min.

COOK & EAT®

2-DISH PLAN FOR:

Chicken Caesar Salad & Leek Tart

1



2–3 portions

+

2



4–6 portions

Your shopping list

Leek	380-450 g
Sweet potatoes	500 g
Lettuce	150 g
Chicken breast	310 g
Eggs	3 piece
Round shortcrust pastry dough	Ø 32 cm
Grated cheese	200 g
Parmesan, shaved	50 g
Half cream	150 ml
Cooking cream	100 ml
Plain yogurt	150 g
Lime	1 piece

Your pantry

Breadcrumbs	100 g
Mild mustard	10 g
Honey	1 tsp
Olive oil	3 tbsp
Rapeseed oil	50 ml
Aromat seasoning	½ tsp
Salt	½ tsp + 3 pinches
Pepper	½ tsp + 2 pinches
Caraway	⅓ tsp
Nutmeg	⅓ tsp + 1 pinch
Sweet paprika	⅔ tsp
Piri-piri	⅔ tsp

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Check kitchen equipment: see sheet “Your Cooking Utensils”
Start cooking: see sheet 1 “Preparing the Vegetables”

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HIGH PROTEIN 75 Min.

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2-DISH PLAN FOR:

Chicken Caesar Salad & Leek Tart

1



2–3 portions

+

2



4–6 portions

Your cooking utensils


Kitchen scale


Vegetable peeler


Kitchen scissors


Tablespoon, teaspoon, fork


Mortar


Large salad bowl


Sieve


Kitchen paper towels


Cutting boards — 3 pcs


Large kitchen knife


3-litre cooking pot


Steamer insert with lid


Measuring jug — 300 ml


Tall measuring jug


Hand mixer (optional)


Deep plates — 2 pcs


Large frying pan


Kitchen tongs


Round tart tin — 33 cm


Baking tray


Baking paper


Aluminium foil


Oven mitts


Flat plates — 2 pcs


Small bowls — 3–4 pcs


Trivet


Lemon squeezer

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Start cooking: see Sheet 1 “Preparing the Vegetables”

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SHEET 1: PREPARE THE VEGETABLES

20 Min.

COOK & EAT® × Mein 2 Gerichte Plan

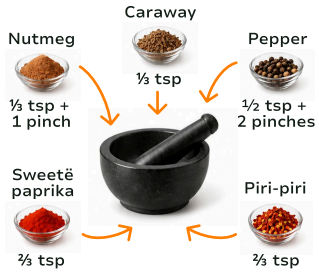
Prepare the sweet potatoes

1



Wash, peel & trim

2



Grind the spices in a mortar

3



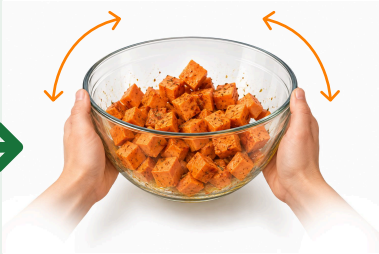
Spice mixture, 2 pinches of salt + 2 tbsp olive oil into the large bowl

4



Dice the sweet potatoesand add them to the bowl

5



Toss & mix

Prepare and steam the leek

1



Halve the leek lengthwise, wash thoroughly

2



Pour 300 ml water into the pot, insert the steamer basket

3



Cut the leek into rings

4



Place the leek rings in the steamer basket

5

STOVE LEVEL 3.5 · 12 MIN.



Put the lid on and steam

Continue to Sheet 2: PRE-BAKE THE PASTRY AND ADD THE FILLING

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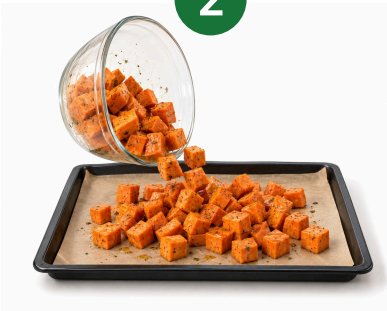
Bake the sweet potatoes & pastry together

1



Preheat the oven to 200°C

2



Transfer the sweet potatoes to the baking tray

3



Roll out the pastry on the round baking tin



Prick the pastry several times with a fork



200 °C 10 MIN.

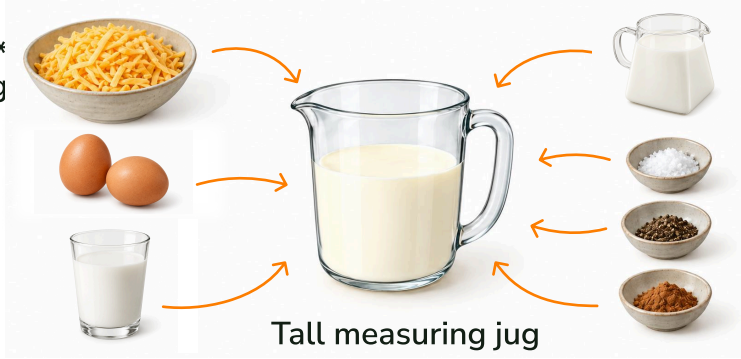
While baking: Tidy up briefly and prepare the filling. Set aside the pot with the leek when the timer goes off. Wash the large bowl.

Prepare the filling

Grated cheese* 200 g

2 Eggs

150 ml Half cream



Cooking cream 100 ml

½ tsp Salt

1 pinch of Pepper

1 pinch of Nutmeg

* I use a Tex-Mex cheese blend from Migros.

Mix everything together using either:



a hand mixer, or

oder

a fork



Continue to Sheet 3: BAKE THE LEEK TART & BREAD THE CHICKEN

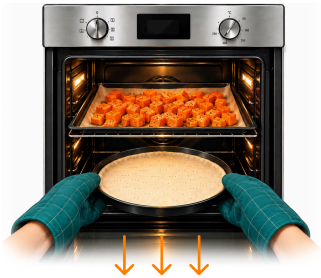
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15 Min.

COOK & EAT® × 2 Mein Gerichte Plan

Assemble and bake the leek tart

1



180 °C · 13 MIN.

Continue baking the sweet potatoes.

2



Spread the leek rings over the pastry.

3



Pour the filling over the top.

4



180 °C · 35–40 MIN.

Remove the sweet potatoes from the oven and bake the leek tart.

Prepare the breading station

310 g chicken breast



1 egg + 1 pinch of salt — whisk together with a fork



100 g breadcrumbs



Plate covered with aluminium foil





Continue to Sheet 4: BREAD THE CHICKEN

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SHEET 4: BREAD THE CHICKEN

15 Min.

COOK & EAT® × Mein 2 Gerichte Plan

1





CLEAN THE SINK AFTER RINSING

Rinse the chicken breast, then pat dry.

2



Cut into bite-sized pieces.

3



Dip each piece first in the egg, then coat in breadcrumbs.

4



STOVE LEVEL 7.5

Add the pieces to the pan one by one. Gradually add the oil as needed.

5



Fry until golden brown on both sides. Transfer to the prepared plate.

Continue to Sheet 5: DRESSING & SALAD

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Prepare the dressing

Squeeze the lime juice



½ TL Limettensaft

½ tsp Lime juice

150 g Plain yogurt

1 tsp Honey



Tall measuring jug

10 g Mild mustard

½ tsp Aromat seasoning

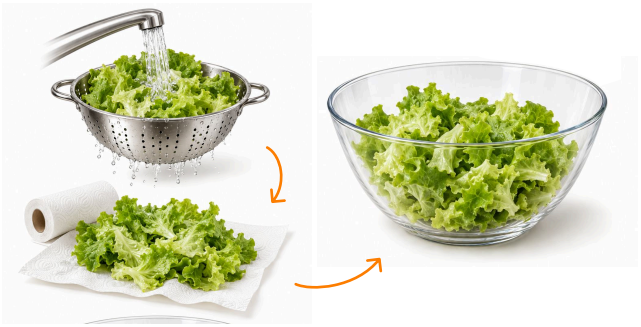
1 pinch of Pepper

1 tbsp Olive oil

Add all the ingredients to the measuring jug and mix with a fork.



1



Prepare the salad

Wash 150 g lettuce in a sieve, pat dry with kitchen paper towels and place in a large bowl.

2



Assemble the Caesar salad

Add the roasted sweet potatoes, breaded chicken, 50 g Parmesan and dressing. Mix everything together in the bowl.

3



Remove the leek tart from the oven

Using oven mitts, remove the leek tart and place it on a trivet.

How was your experience with this two-dish meal plan? → **Let me know:** a.kraushaar@kochenmitsystem.ch

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