

Smashed Chicken Cesar Tacos



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Recipe by: Laura Vitale

Makes 6

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

For the dressing:

- ☐ 2 Tbsp of Mayo
- ☐ 2 tsp of Dijon Mustard
- ☐ 1 tsp of Anchovy Paste
- ☐ 1 Clove of Garlic, grated
- ☐ Few Dashes of Worcestershire Sauce
- ☐ Juice of 1/2 Lemon
- ☐ Small Splash of Red Wine Vinegar, about 1 Tbsp
- ☐ 1/4 cup of Olive Oil
- ☐ Salt to taste
- ☐ 1/4 cup of Parm
- ☐

For the chicken:

- ☐ 1 lb of Ground Chicken
- ☐ 1 Tbsp of Garlic and Herb Seasoning (if salt free or low salt, otherwise take it down to 1 tsp)
- ☐ 1 Tbsp of Paprika
- ☐ 2 tsp of Granulated Garlic
- ☐ Touch of salt (if using salt free seasoning)
- ☐ Freshly Ground Black Pepper
- ☐

Additional Ingredients:

- ☐ 1 Head of Romaine, finely chopped
- ☐ 6 Small Flour Tortillas
- ☐ 1/4 cup of Breadcrumbs
- ☐ 2 Tbsp of Freshly Grated Parm
- ☐ 2 Tbsp of Olive Oil

1) In a small food chopper or using a jar with an immersion blender, add the mayo, dijon mustard, anchovy paste, garlic, Worcestershire sauce, lemon juice, red wine vinegar, olive oil, parm and a pinch of salt and blend until smooth, refrigerate until ready to use.

2) In a bowl, combine the ground chicken with the garlic and herb seasoning, paprika, granulated garlic, salt (if needed) and black pepper and set aside.

3) Preheat a large griddle (or do this on your outdoor griddle) divide into 6 equal portions, add a ball directly on the hot oiled griddle then add a tortilla over each ball of ground chicken and press it down using a spatula or press.

4) Cook for 4 to 5 minutes until the chicken is cooked through and nicely browned. Flip and cook for another 1 to 2 minutes until the tortilla is golden and crisp. Meanwhile, make the crispy breadcrumbs by cooking the breadcrumbs with the olive oil in a small skillet for a couple minutes until golden brown and at the end toss in the parm, then set aside.

5) Toss the chopped romaine with as much Caesar dressing as desired, then pile it onto each taco. Finish with some extra parm and crispy breadcrumbs if desired.

