

CHEESE MAKES A
Difference

to
Summer
Salads

American Cobb Salad with British Cheese



BRITISH
CHEESE
BOARD





American Cobb Salad with British Cheese

AMERICAN-STYLE SALAD WITH THE ADDITION OF BRITISH CHEESE.

INGREDIENTS

- 2 chicken breasts
- 3 slices of bacon
- 2 boiled eggs
- 1 tbsp of red wine vinegar or balsamic vinegar
- 2 tbsp of extra virgin olive oil
- 3 tbsp chopped chives
- 1 bag of mixed lettuce leaves
- 1 avocado cut into wedges or small pieces as preferred
- 2 large tomatoes, cut into wedges or pieces as preferred
- 120g of mature British Cheddar or Stilton cut into small cubes

METHOD

1. Preheat the oven to 220°C.
2. Place chicken and bacon on a lined baking sheet. Cook in the oven for approximately 20 minutes or until the chicken is cooked thoroughly and the bacon is crisp.
3. While waiting, boil the eggs, cool, shell and place in cold water to cool completely.
4. Mix the vinegar, oil and chives to produce the dressing.
5. Cut the chicken into strips, chop the bacon coarsely and cut the cooled eggs into quarters.
6. On a serving dish, make a bed of lettuce and top with bacon, avocados, eggs, chicken, tomatoes and cheese, arranged in rows on top. Drizzle with salad dressing and serve immediately.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

489kcal | 41g protein | 6.1g carbohydrate of which 5.5g sugars | 34g fat of which 11.9g saturates | 4.3g dietary fibre | 680mg sodium equivalent to 1.7g salt | 268mg calcium | 521mg phosphorus | 1.4µg vitamin B₁₂