

Spiced Chicken Tahini Caesar Salad

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Gather & Feast

If you love a caesar salad you're going to love this spiced chicken tahini caesar salad with olive oil toasted sourdough pieces. The dressing alone is worth making it for. We're using tahini instead of a mayonnaise base which is a little healthier and gives a beautiful nutty creamy flavour that goes so well with the spiced chicken with cumin, thyme, oregano, and lemon. So so good.

SERVES 4 | **PREP TIME** 20 mins | **COOK TIME** 35 mins | **TOTAL TIME** 55 mins + cooling time

INGREDIENTS

Spiced chicken

- 2 tablespoon extra virgin olive oil
- 1 lemon, zested
- 1 small garlic clove, finely grated or crushed
- 2 tablespoon fresh thyme leaves
- 1 tablespoon dried oregano leaves
- 1 teaspoon ground cumin
- 1/2 teaspoon sea salt
- Freshly cracked black pepper
- 6 chicken thigh fillets (skinless and boneless)

Olive oil toasted sourdough pieces

- 1/2 loaf crusty sourdough bread, torn into bite-sized pieces
- 60ml (1/4 cup) extra virgin olive oil
- Flakey sea salt
- Freshly cracked black pepper

Tahini Caesar dressing

- 3 anchovies, finely chopped
- 1 small garlic clove, finely grated or crushed
- 1 teaspoon Dijon mustard
- 1/2 lemon, juiced
- 3 tablespoon hulled tahini
- 2 tablespoon cold water
- 5 tablespoon extra virgin olive oil
- 20 g (1/4 cup) fresh finely grated parmesan - grana padano or parmigiano reggiano

To serve

- 3 little gem or baby cos lettuces, leaves separated
- 1/2 lemon
- 20 g (1/4 cup) shaved parmesan
- Lemon zest and black pepper, to taste

METHOD

Spiced chicken

USING COMBI STEAM OVEN

1. Combine the olive oil, lemon zest, garlic, thyme, oregano, cumin, salt and pepper, to taste, in a bowl.
2. Add the chicken and toss well to coat.
3. Place the chicken pieces on a grilling and roasting insert in a universal tray.

4. Place the tray on shelf level 2 and bake on Combi mode: Fan Plus at 170°C + 40% moisture and cook for 30 minutes or until cooked through.
5. Remove from the oven and rest the chicken for 10 minutes.

USING CONVENTIONAL OVEN

1. Combine the olive oil, lemon zest, garlic, thyme, oregano, cumin, salt and pepper, to taste, in a bowl.
2. Add the chicken and toss well to coat.
3. Place the chicken pieces on a baking tray.
4. Bake at 180°C/350°F for 30 minutes or until cooked through.
5. Remove from the oven and rest the chicken for 10 minutes.

Olive oil toasted sourdough pieces

1. Place the sourdough pieces on a baking tray and toss together with enough oil to coat the bread.
2. Season to taste.
3. Place the tray into the oven in the last 10 minutes of the chicken's cooking time.

Tahini Caesar dressing

1. In a large serving bowl mash the chopped anchovies and garlic with a fork to form a paste.
2. Add the mustard and lemon juice, whisk to combine.
3. Add the tahini and water, whisk to combine.
4. Then whisk in the olive oil and parmesan.

To serve

1. Place the lettuce leaves over the dressing in the serving bowl and squeeze with the juice of half a lemon.
2. Gently toss to coat the leaves in the dressing.
3. Slice the chicken and arrange over the dressed leaves.
4. Scatter the olive oil toasted bread pieces and parmesan over the salad.
5. Sprinkle with lemon zest and pepper and serve.

NOTES

If you don't have a steam oven simply bake the chicken thighs in a conventional oven at 180°C/350°F for 30 minutes and then allow to rest for 10 minutes before slicing (I've included both methods).

I've sliced the chicken and arranged it through the salad but you could also serve it separately alongside the salad if you prefer.

The chicken can be marinated a day before serving and the dressing can also be made a day or two in advance.

To ensure the lettuce stays fresh and crisp dress the leaves and toss the salad together just before serving. Also, to prevent soggy lettuce I like to use a salad spinner during prep to ensure the lettuce is completely dry.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/spiced-chicken-tahini-caesar-salad>

Let me know if you make the recipe! x **@gatherandfeast**