



CHLOË BOWLER
complete wellbeing

ASPARAGUS & EGGS



Ingredients

- **Bunch of asparagus**
- **Smoked salmon**
- **2 Organic Eggs**

Instructions

1. Start by boiling or steaming the asparagus for 10 minutes or until cooked.
2. As soon as the asparagus is cooked, drain and place on a plate (keep the water boiling).
3. Layer the smoked salmon below and above the asparagus, so that it heats through.
4. Meanwhile, poach two eggs in the boiling water. Place the eggs on top of the asparagus and season with plenty of pepper.

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