



CHLOË BOWLER
complete wellbeing

COD WRAPPED IN PARMA HAM



Ingredients

- **1 fillet of cod**
- **4 slices of Parma ham**
- **3 New Potatoes**
- **1 lime**
- **2 cloves of Garlic**
- **Handful of Spinach**

Instructions

1. Season the cod with salt, pepper & chopped garlic, and place sliced lime on top.
2. Wrap parma ham around the cod and lime, then seal in a tin foil parcel on a baking tray, and place in the oven for 20-30 minutes depending on size.
3. Boil some water and cook 3 new potatoes for 10 minutes.
4. Take the cod out of the oven, and leave in the tin foil, while you cook some spinach in a drizzle of olive oil.

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