



CHLOË BOWLER
complete wellbeing

HADDOCK, SPINACH & EGG



Ingredients

- 200g loin of Haddock
- 200g Spinach
- 1 Egg
- 1 Lemon

Instructions

1. Place the haddock in tin foil, and squeeze plenty of lemon on to it, before wrapping it up to make a parcel. Place in the oven at 180°C for 20-30 minutes until cooked.
2. Quickly stir some spinach over a low heat with a drizzle of olive oil or a splash of butter until cooked.
3. Boil a pan of water and poach an egg.
4. Layer the spinach, then the haddock then top with the poached egg.

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