



CHLOË BOWLER
complete wellbeing

PRAWN & ASPARAGUS SALAD



Ingredients

- 100g Raw King Prawns
- 3 Asparagus spears
- 3 Artichoke Hearts
- 3 Mini Bell Peppers
- Feta cheese
- 30g Mixed Beans
- 1 Organic Egg

Instructions

1. Boil or steam the asparagus, keep the water boiling for the egg.
2. Cook the prawns in a little olive oil.
3. Stir the artichoke hearts in with the mixed beans and chopped asparagus.
4. Grill the peppers, after 10 minutes stuff with feta and place back under grill until ready.
5. Poach an egg and lay it on top to serve.

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