



CHLOË BOWLER
complete wellbeing

WARM SALMON SALAD



Ingredients

- 1 Organic Salmon fillet
- Little gem lettuce
- ½ cup of Peas
- 1/2 Avocado

Instructions

1. Season and squeeze lemon over the salmon fillet, then wrap the salmon fillet and left over lemon in a tin foil parcel and place in a heated oven at 180°C for approximately 20-30 mins depending on size.
2. Heat some water in a pan, and cook the peas for 2 minutes.
3. Add some avocado oil to a frying pan on a low heat, then add the gem lettuce, chopped avocado and the peas. Heat through, then serve with the salmon.

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