



CHLOË BOWLER
complete wellbeing

SALMON & AVOCADO COURGETTI



Ingredients (serves 2)

- 3 courgettes
- 500g wild salmon fillet
- 8 vine tomatoes
- 1 avocado
- 1 lemon

Instructions

1. Steam the salmon by wrapping in tin foil and baking in an oven at 180* for 30 minutes or until cooked.
2. Spiralize the courgettes and soften in a pan with some olive oil.
3. Add the chopped tomatoes, and avocado.
4. Flake the salmon into the pan, and add squeezed lemon and black pepper.

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