



CHLOË BOWLER
complete wellbeing

SMOKED SALMON & RICE LETTUCE WRAPS



Ingredients (Makes 6)

1. 100g Smoked Salmon
2. 50g Wild Rice
3. 6 Chives
4. 1 Avocado
5. 1 Little Gem Lettuce

Method:

1. Steam the rice and leave to cool.
2. When the rice has cooled, mould into little parcels and cover with mashed avocado.
3. Wrap up in the smoked salmon and tie up with a chive.
4. Serve in a little gem lettuce leaf.

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