



CHLOË BOWLER
complete wellbeing

SPRING SALMON SALAD



Ingredients (Serves 2):

- 2 Salmon Fillets
- 1 Red Pepper
- Bunch of Asparagus
- 1 Lemon
- 4 Spring Onions
- 100g Bulghur Wheat
- 200ml Vegetable Stock

Method:

1. Start by pouring the vegetable stock over the bulghur wheat, bring to the boil then simmer gently.
2. On a baking tray place the salmon with a slice of lemon on top, as well as the asparagus and sliced pepper. Pour olive oil over the vegetables and place the tray under a hot grill for 15-20 minutes until cooked.
3. Squeeze half the lemon into the bulghur wheat, season and stir.
4. Flake the salmon, asparagus and pepper into the bulghur wheat.
5. Chop the spring onion and sprinkle over the dish to serve.

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