



CHLOË BOWLER
complete wellbeing

SUPER SALAD



Ingredients:

- 3 Asparagus spears
- ½ cup Wild Rice
- Feta Cheese
- ½ Avocado
- ½ cup Mixed Beans
- 50g Flaked Poached Salmon
- 50g Turkey Breast
- 1 Organic Egg

Instructions:

1. Add ½ cup rice to a pan and cover with 1 cup of water. Bring to the boil and then simmer until cooked (approx.15 mins).
2. In a separate pan lightly cook the asparagus spears. Keep the water boiling and poach an egg in it.
3. Mix the salad beans, feta cheese, asparagus, and flake the poached salmon and turkey breast into the dish.
4. Drain the rice and asparagus, chop and add, then poach the egg to add to the top. Season with plenty of pepper.

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