



CHLOË BOWLER
complete wellbeing

GRILLED KIPPER



Ingredients

- 1 smoked kipper
- Butter
- 1 lemon
- Parsley

Instructions

1. To start with take the head and tail off the kipper, so it is ready to grill.
2. Turn the grill on to a high heat, brush the kipper with a little butter and place it under the heat. Turn after a couple of minutes, add a little butter to the top side, and continue to grill for a few minutes.
3. Squeeze lemon over the kipper and serve with a wedge of lemon and some parsley.

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