



CHLOË BOWLER
complete wellbeing

SALMON OMELETTE



Ingredients

- 3 eggs
- 100g poached salmon
- 50g spinach
- ½ avocado
- 4 sliced cherry tomatoes

Instructions

1. Add a small knob of butter to a small, frying pan.
2. First sauté the spinach and put to one side.
3. Beat together the 3 eggs and add to the pan. The eggs start to cook immediately, so quickly add the filling (anything works, here I've used flaked poached salmon, spinach, chopped tomatoes and avocado).
4. The omelette will take no more than 2-3 minutes to cook through, so keep it moving around the pan so it cooks evenly.
5. Season well, then fold the omelette on to a plate.

WWW.CHLOEBOWLER.COM