



CHLOË BOWLER
complete wellbeing

LEMON SALMON WITH ASPARAGUS



Ingredients (Serves 2):

1. 2 Salmon Fillet
2. 1 Bunch of Asparagus
3. 8 Cherry Tomatoes
4. 100g Mixed Grain Quinoa
5. 1 Lemon
6. 20g Pumpkin Seeds
7. 250ml Chicken Stock

Method:

1. Season the salmon fillet and squeeze half a lemon over.
2. Place the salmon, asparagus and tomatoes in tin foil and make a parcel.
3. Steam the quinoa in some chicken stock.
4. Top with pumpkin seeds and serve.

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