



CHLOË BOWLER
complete wellbeing

SALMON IN CHAMPAGNE SAUCE



Ingredients (Serves 2):

GF

- | | |
|-------------------------|-----------------------------|
| 1. 2 Salmon Fillets | 5. 200ml Crème Fraiche |
| 2. 2 Shallots | 6. 200ml Champagne |
| 3. 200g Small Mushrooms | 7. 100g Tenderstem Broccoli |
| 4. Bunch of Tarragon | |

Method:

1. Start by chopping the shallot and heating in oil in a pan.
2. Add the chopped mushrooms and stir until cooked through.
3. Brush some oil on to the salmon fillets, season well and place under a high grill for 15 minutes or until cooked to liking.
4. Meanwhile steam the broccoli for 2 minutes and set aside.
5. Add the crème fraiche and tarragon leaves to the shallots and mushrooms.
6. Stir through then immediately add the champagne.
7. Season well and serve the source poured over the salmon, with the broccoli on the side.

WWW.CHLOEBOWLER.COM