



CHLOË BOWLER
complete wellbeing

SALMON PESTO COURGETTI



Ingredients (Serves 2)

- **2 Salmon Fillets**
- **2 large courgettes**
- **1 clove of garlic**
- **1 handful of pine nuts**
- **Large bunch of basil**
- **Handful of parmesan cheese**
- **1 Lemon**

Instructions

1. Season the salmon fillets and place under the grill for 15 minutes.
2. To make the pesto, crush the garlic and basil leaves in a pestle and mortar. Add the pine nuts, a little of the parmesan, season well and pound. Add the rest of the parmesan to taste. Drizzle in some olive oil to reach a consistency you're happy with.
3. Spiralize the courgettes (with a potato peeler if necessary) and soften in some olive oil on a low heat.
4. Once the courgetti is softened, drain and mix in the pesto.
5. Lay the salmon on top of the courgetti and serve with a wedge of lemon.

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