

Tuna Bean Salad

(Serves 1)

Ingredients

- 1 x 160g tin Tuna in spring water
- 1/2 x 410g tin Mixed bean salad
- 40g Mixed salad leaves
- 2 tbsps Mixed fresh herbs
- 2 in piece Cucumber, sliced & quartered
- 80g Tomatoes, cherry, halved
- 2 tbsps Honey & Mustard dressing (SBGTY*)
- SBGTY* = Sainsbury's be good to yourself

Preparation

1. Drain tuna. Drain mixed bean salad & rinse under cold running water.
2. In a bowl, mix the tuna & mixed bean salad together.
3. On individual plates or a platter, scatter mixed salad leaves & mixed fresh herbs.
4. Add cucumber & tomatoes. Top with the tuna & mixed beans.
5. Dress with the honey & mustard dressing.
6. Serve.

TOP TIP: Takes very little time to prepare & is great to throw into a lunch box as well. If you are eating it later, I would recommend you keep the dressing separate & put it on just prior to eating.

NUTRITIONAL VALUES

PER SERVING

Calories 292

Total Sugars 9.52g

Total Fats 2.33g

Saturated Fats 0.3g

Salt 2.22g

Fruit & Veg 3.5