

# ITALIAN BEAN, TUNA, TOMATO & OLIVE SALAD



## QUICK

Less than 10 mins

## HEALTHY

The beans & tuna are both rich in protein, making this salad filling and well as full of healthy nutrients

## FAMILY



## MEALS

Serve with mixed seed crackers or wholemeal toast

## INGREDIENTS

- 2 x 120g tins tuna
- 1 x 400g tin borlotti beans
- 4 spring onions
- 3 large tomatoes
- 70g black olives - pitted
- Large handful basil
- Juice of 1 lemon
- 50 ml olive oil
- Salt and pepper

## METHOD

- 1) Drain and rinse the beans and put into a large bowl
- 2) Add the tuna
- 3) Dice your tomatoes – add
- 4) Slice the spring onion – add – saving a little for the garnish
- 5) Chop the basil and add
- 6) Halve the olives and add – leaving a few for the garnish
- 7) Add the lemon juice and olive oil
- 8) Add salt and pepper to taste
- 9) Mix and sprinkle with the remaining olives and spring onions
- 10) Serve



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)