

Tuna Bean Salad

✓ No cook



Equipment:

- 1 bowl
- 1 cup
- 1 tablespoon

Ingredients for 1 portion:

- 1 tsp olive or vegetable oil
- 1 tbsp lemon juice or vinegar (if available)
- 2 tbsp tinned sweetcorn
- 3 tbsp tinned beans (any)
- ½ x 160g can of tuna
- Salt and pepper
- Optional: 1 tsp of mustard
- Optional: any fresh or dried herbs e.g. parsley, coriander

Steps:

1. Drain the beans, sweetcorn and tuna and mix together in the bowl
2. Mix together the oil, lemon juice/vinegar, and mustard if using in a cup
3. Add a pinch of salt and pepper to the cup.
4. Pour this over the sweetcorn, beans and tuna and mix everything together
5. If you have herbs, add these and mix in.
6. Enjoy!

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free

Tuna Bean Salad

✓ No cook



Equipment:

- 1 bowl
- 1 cup
- 1 tablespoon

Ingredients for 4 portions:

- 4 tsp olive or vegetable oil
- 4 tbsp lemon juice or vinegar (if available)
- 1 tin of sweetcorn
- 1 tin of beans (any)
- 2 x 160g cans of tuna
- Salt and pepper
- Optional: 4 tsp of mustard
- Optional: any fresh or dried herbs e.g. parsley, coriander

✓ Halal

✓ Gluten-free

✓ Dairy-free

Steps:

1. Drain the beans, sweetcorn and tuna and mix together in the bowl
2. Mix together the oil, lemon juice/vinegar, and mustard if using in a cup
3. Add a pinch of salt and pepper to the cup.
4. Pour this over the sweetcorn, beans and tuna and mix everything together
5. If you have herbs, add these and mix in.
6. Enjoy!