



Italian Style Tuna & Bean Salad

Ingredients (serves 4)

800g mixed cooked beans (no added salt or sugar)
300g tinned tuna (in spring water)
1 large red or yellow pepper, de-seeded and chopped
1 large red onion, finely sliced
50g green olives (pitted)
2 tbsp of chopped parsley
200g mixed salad leaves (washed & drained)
1 tbsp of extra virgin olive oil
½ tbsp of red wine vinegar
Salt
Freshly ground black pepper

Method

1. Drain the mixed beans and then rinse well under running cold water. Drain.
2. Drain the tuna.
3. Place the beans and tuna in a large bowl with the red pepper, red onion, olives and chopped parsley.
4. Dress with the olive oil and red wine vinegar and season with freshly ground black pepper. Toss gently to combine.
5. Place on a bed of mixed salad leaves.
6. Serve immediately.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 434g Serving	% RNI	
Energy kJ	418	4%	1814	21%	
Energy kcal	99	4%	432	21%	
Fat	2.6g	3%	11.3g	16%	Low
Saturates	0.4g	2%	1.9g	9%	Low
Total Sugars	1.7g	1%	7.6g	8%	Low
Salt	0.20g	3%	0.80g	13%	Low
Protein	7.7g	-	33.5g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: Fish, Sulphur Dioxide