



Tuna and four bean salad



Serves 4

Ingredients

- 2 x 185g cans tuna in spring water
- 1 x 420g can four bean mix, no added salt
- 4 tomatoes
- 1 stalk celery
- 1 small red onion
- 1 cup flat-leaf parsley leaves



Dressing

- 1 large lemon, rind finely grated, juiced
- 1 garlic clove, crushed
- 1 tablespoon extra-virgin olive oil

Method

1. Drain tuna cans. Drain and rinse four bean mix.
2. Chop the tomatoes, celery and parsley. Halve and thinly slice the red onion.
3. Flake tuna and place in a large bowl. Add beans, tomato, celery, onion and parsley.
4. Make lemon dressing by combining the lemon rind, squeeze of lemon juice, garlic and oil in a screw-top jar. Secure lid and shake until well combined.
5. Pour dressing over salad and serve.