

Tuna and Bean Salad

Serves: 3



Equipment:



Tablespoon,
bowl,
knife,
chopping board

Ingredients:



- 3 tsp. olive oil
- Juice of 1 lemon
- Large pinch of dried mixed herbs
- Large pinch of mustard powder
- Large pinch of black pepper
- 1 tomato, chopped
- 2 spring onions or red onions, sliced
- 3cm piece of cucumber, chopped
- 3 heaped tbsp. canned mixed beans in water, drained
- 160g can of tuna in spring water, drained
- 1 thick slice of wholegrain bread and lower-fat spread



Method:



1. Mix together the oil, lemon juice, mixed herbs, mustard powder and black pepper.
2. Add the salad vegetables, beans and tuna to a large bowl and mix together. Drizzle over the lemon dressing.
3. Serve with the bread and lower-fat spread. You could also add pasta to this dish rather than serving it with bread!