

## Tuna and bean salad recipe

This colourful salad is a good way to include fish in your child's lunchbox. This would work well with a slice of malt loaf and a satsuma.

Prep: 10 mins

### **Ingredients**

- 3 teaspoons olive oil
- juice of half a lemon
- large pinch of dried mixed herbs
- large pinch of mustard powder
- large pinch of black pepper
- 1 slice of pepper, chopped
- 2 spring onions, sliced
- 3cm piece of cucumber, chopped
- 1 heaped tablespoon canned mixed beans in water, drained
- half a 160g can of tuna in spring water, drained
- 1 thick slice of wholemeal bread and lower-fat spread



### **Complete your lunchbox with:**

- a satsuma
- slice of malt loaf
- 200ml semi-skimmed milk

### **Method**

1. Mix the oil, lemon juice, mixed herbs, mustard powder and black pepper.
2. Add to the salad vegetables, beans and tuna and mix gently.

Information:

Double the recipe to use the rest of the can of tuna and save for the next day.

3. Serve with the bread and lower-fat spread.

Information:

This would also work well with cold pasta as a pasta salad, instead of serving with bread.