

# Tuna and Bean Salad

Traditional Italian antipasti dish.

<b>Serves</b>	<b>4 -6 people</b>
<b>Preparation Time</b>	<b>10 minutes</b>

This substantial salad makes a good light meal and can be very quickly assembled from canned ingredients. It is also very delicious without the tuna.

## *Tuna and bean salad*

**2x 400g cans Cannellini or Barlotti beans**

**2x 200g cans tuna fish, drained**

**4 Tablespoons extra virgin olive oil**

**2 Tablespoons freshly squeezed lemon juice**

**3 Spring onions, thinly chopped (white and green parts)**

**2 Tablespoons chopped fresh parsley**

**Salt and freshly ground black pepper**

- 1** Pour the beans into a colander or sieve and rinse under cold running water. Drain well and place in a serving dish.
- 2** Blend together the oil, lemon juice, salt, pepper, spring onion, and parsley.
- 3** Add to the beans and mix well.
- 4** Break the tuna fish into chunks and arrange on top of the bean mixture.
- 5** Toss well before serving.