



LUNCH

Tuna and bean salad

Cupboard staples, no cooking, and enough protein and fibre to keep you full all afternoon.

Ready in **5 min** | Serves **1**

PROTEIN

49g

CARBS

39g

FAT

21g

CALORIES

560 kcal

• INGREDIENTS

1 tin (110g drained)	tuna in spring water
200g	mixed beans, drained and rinsed
1/4	cucumber, diced
1	tomato, diced
1/4	red onion, finely sliced
30g	light feta
1 tbsp	olive oil and a squeeze of lemon

• METHOD

- 1** Tip the beans into a bowl with the cucumber, tomato and red onion.
- 2** Flake in the tuna and crumble over the feta.
- 3** Dress with the olive oil, lemon juice, salt and pepper, then toss together.

• SWAPS AND TIPS

- Keeps well in the fridge for 2 days, so make two at once.
- Swap tuna for tinned salmon or a couple of boiled eggs.
- Add a handful of rocket or spinach for extra volume.