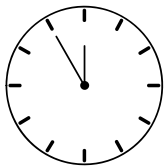
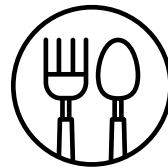




# Tuna & Bean Salad



Prep: 10 mins



4

Welcome to The Lily Project:

This recipe doesn't involve any cooking to enjoy a healthy mixed salad for energy and protein!



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## Ingredients :

- 400 g tin cannellini beans, rinsed and drained.
- 400 g tin butter beans rinsed and drained.
- Chopped tomatoes
- 1 large onion peeled and finely sliced.
- 480 g tuna chunks in oil (tinned or in a jar)
- Salt and pepper to taste.
- Olive oil
- Serve with slices wholemeal bread.

### Jobs for little hands:

Draw a flower on the front page

Find a tin of butter beans

Pick a big onion

Help tidy up

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## Directions :

1. Put the beans in a large bowl, add the chopped tomatoes, onion. Season with salt and pepper.
2. Pour over the oil and mix all the ingredients, set aside for 5 minutes to allow the flavours to combine.
3. Just before serving, add the tuna and mix gently, not to break up the chunks too much.
4. Taste and add salt and pepper if needed and enjoy!