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Tuna bean salad



Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 2

Similar to a tuna Nicoise, this salad has the addition of canned beans for extra fibre. Use drained and rinsed red kidney beans if you can't find mixed beans.

With a GI of 50 this meal is **high protein, low GI**. This meal provides 390 kcal, 39g protein, 21g carbohydrate (of which 5.5g sugars), 15g fat (of which 3g saturates), 8.5g fibre and 1.3g salt per portion.

By Justine Pattison

Ingredients

100g/3½oz green beans, halved
2 free-range eggs
400g tin mixed beans in water, drained and rinsed
100g/3½oz cherry tomatoes, halved
4 spring onions, thinly sliced
160g tinned tuna steak in water, drained

For the dressing

1 tbsp extra virgin olive oil
1 tsp red wine vinegar
1 tsp Dijon mustard
freshly ground black pepper

Method

1. Cook the green beans in a pan of boiling water for 4 minutes. Plunge them into a bowl of very cold water.
2. Cook the eggs in a pan of boiling water for 8 minutes. Drain in a sieve under cold running water until cold. Peel and cut the eggs into quarters.
3. For the dressing, whisk the oil, vinegar and mustard in a large bowl until thick. Season with black pepper.
4. Add the green beans, mixed beans, cherry tomatoes and spring onions to the dressing and mix. Flake the tuna on top and add the hard-boiled eggs. Season with black pepper.

Recipe Tips

Use red kidney beans if you can't find mixed beans in your local store.