

# HEINZ

RECIPE

## Warm Double Bean and Tuna Salad

### Salad Cream with lemon & black pepper



**Serves:**

4



**Preparation Time:**

15 minutes



**Cook Time:**

7-8 minutes

### Ingredients:

- 400g green beans, trimmed
- 2 x 410g cans of cannellini beans, drained and rinsed
- 1 tbsp extra virgin olive oil
- 1 small red onion, finely sliced
- 3 tbsp **Heinz Salad Cream Lemon & Black Pepper**
- 250g cherry tomatoes, halved
- 75g pitted Kalamata black olives, halved
- 15g flat leaf parsley, chopped
- 1½ - 2 tbsp lemon juice
- 2 x 185g cans tuna in sunflower oil, drained

### Method:

Simmer the green beans in boiling salted water for 3 – 4 minutes until tender and drain.

Meanwhile heat the cannellini beans with the oil and the onion until warmed through.

In a large mixing bowl mix together all the beans with Heinz Salad Cream Lemon & Black Pepper.

Stir in the cherry tomatoes, olives and parsley, add lemon juice to taste and season well.

Gently stir through the tuna and serve.

Tip: Pan fry seasoned fresh tuna steaks as an alternative to canned tuna.