Together We Cook

Layered Tuna and Bean Salad

Equipment
Chopping board
Sharp knife
Colander
Small bowl
Can opener
Lunch box and lid

Ingredients (serves 2)
400g can mixed beans or kidney beans
2 large tomatoes washed or 4 cherry tomatoes
½ cucumber
Small red onion
198g can sweetcorn
145g tin tuna chunks in oil
Small bag of washed lettuce leaves or spinach

Method

1. Prepare the vegetables into small pieces on your chopping board

- peel and dice the onion into 1 cm pieces
- dice the cucumber into 1 cm cubes
- dice the tomatoes into 1 cm cubes

2. Open the can of beans and pour into the colander over the sink.
3. Drain off any liquid and rinse with cold water.
4. Repeat with sweetcorn.
5. Open the tuna fish and mix the oil from the can into the beans (this saves waste and adds flavour), mix gently with a fork to break up the pieces.
6. Layer your ingredients in your lunch box or bowl if you are eating at home:

Sweetcorn first, red onion, beans with oil, tuna, chopped tomato, chopped cucumber, washed lettuce.

7. Put the lid on your box and keep cold in a cool bag or fridge.

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	Serving Ideas Squeeze half a lemon over the salad Add some chopped herbs like basil or coriander.
	Variations Remove the tuna and add some chick peas for extra protein instead.
	Leftovers Keep your extra salad in the fridge and eat within 2 days.