



Easy



15 – 30 minutes

# White Bean & Tuna Salad

SERVES: 4

PREPARATION TIME: 15 minutes

COOKING TIME: none

## Ingredients

For the salad:

- 100g/4oz baby spinach or beet leaves
- 397g/14oz can cannelloni beans, drained well
- 400g/14oz can tuna chunks, well drained
- 1/2 cucumber, diced
- 3 tomatoes, quartered
- 2 tbsp flat leaf parsley, chopped

For the dressing :

- 2 tbsp Filippo Berio Olive Oil
- 2 tbsp fresh lemon juice
- Salt and freshly ground black pepper

## Method

1. Arrange the spinach or beet leaves along with the beans tuna tomato and parsley on 4 serving plates.
2. Mix together the dressing ingredients and season to taste. Pour the

dressing over the salad just before serving.