



TOMATO, PEPPER & TUNA SALAD

 **Prep: 10 minutes**

 **Cook: N/A**

 **Serves: 2**

INGREDIENTS:

- 1 beef tomato, cut into chunks (200g)
- 100g cherry tomatoes, halved
- 25g sun dried tomatoes in oil, chopped, plus 2 tbsp oil
- 1 Romano pepper, deseeded and sliced into rings (100g)
- 400g can cannellini beans, drained and rinsed
- 1 small red onion, thinly sliced (150g)
- 200g can tuna steak in spring water, drained (150g drained weight)
- 1 tbsp white wine vinegar
- ½ tsp **LoSalt**
- Black pepper
- Basil, to garnish

METHOD:

1. Mix together all the tomatoes, pepper, beans, onion and tuna in a large bowl.
2. Mix together the sun-dried tomato oil, vinegar, **LoSalt** and some black pepper and stir into the salad. Garnish with torn basil leaves.

Each serving contains



of your guideline daily amount

COOKS TIP:

Great for lunch boxes as the flavours will develop throughout the day.