

Tuna bean salad

Low in fat

Total time: **Ready in 15 minutes** 

Serves: 4

Ingredients

2 x 400g cans essential Waitrose cannellini beans
250g essential Waitrose cherry tomatoes
4 salad onions
20g fresh flat leaf parsley
50g Waitrose wild rocket
4 Waitrose frozen yellowfin tuna steaks, thawed
Filippo Berio extra virgin olive oil spray
4 tsp balsamic vinegar Waitrose

Method

1. Drain and rinse the beans and place in a large bowl. Halve the cherry tomatoes, slice the salad onions and chop the parsley; fold into the beans with the rocket.
2. Heat a non-stick griddle pan over a high heat, spritz the tuna with the olive oil spray and cook for 1-2 minutes on each side.
3. Spoon the bean salad on to 4 serving plates, top with the seared tuna and drizzle each with a teaspoon of balsamic vinegar.



Nutritional Info

Typical values per serving:

Energy	351kcal
Carbohydrate	18.3g
Sugars	4.3g
Fat	10.8g
Saturated Fat	2.7g
Salt	2g

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