

Borlotti Bean and Tuna Salad with Pine Nuts

Serves 4

Preparation time: 10-15mins

Ingredients:

1 x 300g can green beans, drained
1 x 420 g can borlotti beans, drained
1 x 200g can tuna in olive oil, drained
60 g pine nuts toasted
15 ml fresh parsley, chopped
100 g of ready-washed watercress

Dressing:

30 ml extra virgin olive oil
15 ml balsamic vinegar
1 small garlic clove, crushed
2.5 ml Dijon mustard

Method:

- 1 Place beans and peas into a large serving dish
- 2 Mix together the dressing ingredients (or place in a jar and shake well).
- 3 Pour the dressing over the beans, mix well and leave to marinate for 2-3 hours before serving.
- 4 Serve on a bed of lettuce leaves with hot crusty bread.

