

Lunchbox Tuna, Bean and Lettuce Salad

Serves 2

Preparation time: 5 min

Cooking time: 10min

Ingredients:

2 medium eggs

150g/5oz fine green beans trimmed

50g/2oz Sweet Romaine lettuce, trimmed

1 red pepper, deseeded and sliced

30ml/2 tbsp capers in brine, rinsed and drained

1 (160g) can tuna in spring water, drained

30ml/2 tbsp light mayonnaise

Zest and juice of 1/2 lemon

Salt and freshly ground black pepper



Method:

- 1 Place the eggs in a small pan, cover with water, then slowly bring to the boil. Simmer for 7 minutes, then drain. Run the eggs under cold running water, to cool. Tap the shells all over and peel away the egg shells. Cut the eggs into quarters. Cool.
- 2 Blanch the beans in boiling water for 3 minutes or until just tender. Drain, rinse in cold water until cold, then drain again. Tear the lettuce into pieces then place in a plastic container. Top with pepper, capers, beans and eggs.
- 3 Mash the tuna with the mayonnaise, lemon zest and juice, and salt and pepper to taste. Heap the tuna on top of the salad. Chill until required. Lightly toss together before eating.

Tip: If preparing for work, keep the salad separate from the tuna in airtight containers, and assemble together just before eating

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