

Salmon Nicoise Mixed Bean Lunchbox Salad

Serves 2

Preparation time: 21 minutes

Ingredients:

1 (212g) can wild red salmon, drained
1/2 (300g) can green beans, drained
1/2 (400g) can mixed beans, drained
1/2 (300g) can new potatoes, drained and halved,
8 cherry tomatoes, halved
2 tbsp chopped fresh parsley
1/2 small red onion, sliced
1 egg, hard boiled, cut into wedges
1 (115g) bag Italian salad leaves,
handful of olives, optional

For the dressing:

15ml white wine vinegar
25ml olive oil
1 small clove garlic, crushed
1/2 tsp dijon mustard
salt and pepper

Method:

- 1 Remove the skin and bones from the salmon and lightly flake into a large bowl.
- 2 Add the remaining ingredients, except the salad leaves.
- 3 Make the dressing by putting all the ingredients into a small bowl or jug and beat with a whisk or fork to combine well. Pour the dressing over the salmon ingredients, and combine gently.
- 4 Finally, heap the salad leaves on top. Seal in a container and chill until required.

How to serve: Lightly toss together before eating.



Tips: If time is tight, the salmon can be switched for tuna – no need to flake, and the dressing can be made in a screw top jar and kept in the fridge overnight.

Nutritional value per serving

Calories: 423,

Protein: 29.7g,

Carbohydrate: 23.4g,

Sugars: 5.2g,

Fat: 23g,

Saturated fat: 4.2g,

Fibre: 7.1g