



# TUNA AND RED ONION SALAD

SERVES 2



# TUNA AND RED ONION SALAD

## Ingredients

1 tin of tuna  
1 tin of haricot beans  
1 red onion, chopped  
150g cherry tomatoes, cut into quarters  
Chopped fresh parsley (optional)  
50ml oil (preferably olive oil)  
25ml white wine vinegar  
Salt and pepper



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## Recipe

- 1 | Flake the tuna into a bowl then add the beans, red onion and tomatoes.
- 2 | Mix all of the ingredients together.
- 3 | Whisk together the oil, vinegar, salt and pepper.
- 4 | Toss the oil mixture together with the tuna mixture.
- 5 | Serve sprinkled with parsley if using.



# TUNA AND RED ONION SALAD

## Cost

Tuna - 65p  
Haricot beans - 55p  
Red onion - 14p  
Cherry tomatoes - 33p  
Parsley - 45p  
Oil - 26p  
White wine vinegar - 6p

TOTAL - £2.44

