

Tuna and White Bean Salad

Heading off to an important event and need to squeeze into something slinky?

Muffin top protruding over the dinner suit pants? Want to eat something substantial at lunch to avoid that embarrassing empty stomach/too many champagnes scenario? Well, this delicious Tuna, rocket and white bean salad is just the ticket. No bloating carbs, plenty of protein and super simple to make.....just be sure to tell everyone where you got the recipe, OK?!!

Prep time: 10 minutes \$ Low Budget

Serves 2

2 large handfuls of baby rocket

1 x 400gm tin of cannellini beans, drained and rinsed

2 x 95gm tins of tuna in springwater or brine, drained

1 punnet of baby grape tomatoes, halved

1 cup of pitted kalamata olives

50gm of goats cheese

1/2 a red onion, sliced

2 tbs of chopped fresh continental parsley

2 tbs of extra virgin olive oil

2 tbs of white balsamic vinegar (normal balsamic is fine too)

Sea salt and cracked pepper

Combine the the rocket, tuna, beans, tomatoes, onion and olives in a large bowl. Drizzle with the olive oil and balsamic vinegar, sprinkle with sea salt and pepper and toss really well to combine. Divide among two serving bowls (or tupperware containers) and crumble the goats cheese on top and sprinkle with the chopped parsley. Too easy!!