Dinner

Warm Green Bean and Tuna Salad

Tender steamed green beans are tossed with tuna, red onion and feta cheese in a simple balsamic dressing. Toasted slivered almonds on top add a pleasant crunch.

20 min	361	10 g	9 g
time	calories	carbs	sugars



Gluten free

Ingredients, 2 servings

- [ ] 400 g green beans, trimmed
- [ ] 190 g tinned tuna, in springwater, drained
- [ ] ½ small red onion, finely diced
- [ ] 1 tablespoons olive oil
- [ ] 1 tablespoon balsamic vinegar
- [ ] 2 tablespoons feta cheese, crumbling
- [ ] 2 tablespoons slivered almonds, toasted

Method

- [ ] **1** Steam the green beans until tender.
- [ ] **2** Rinse the green beans, drain well and tip them into a large bowl.
- [ ] **3** Pour in the olive oil and balsamic vinegar and toss until the green beans are coated.
- [ ] **4** Add the drained tuna, finely diced red onion and crumbled feta cheese, then stir gently to combine.
- [ ] **5** Divide the salad between two bowls or plates.
- [ ] **6** Scatter the toasted slivered almonds over each serving.

Nutrition Facts

Per serving

Calories	**361**
Total fat	20 g
Saturated fat	3.2 g
Sodium	486 mg
Total carbs	10 g
Fiber	7.5 g
Total sugars	9 g
Protein	32 g

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