

# Lunch

## RECIPE CARD

### Orzo, Bean & Tuna Salad (serves 2)

#### RECIPE NAME

Lunch

#### MEAL TIME

5 minutes

#### PREP TIME

20 minutes

#### TIME TO COOK

You could add your own choice of beans or pulses to this salad, butter beans, chickpeas or even cannellini beans would be a great pairing

#### NOTES

Approx 314 kcal

#### CALORIES

## INGREDIENTS

- ★ ½ Red Onion, *finely chopped*
- ★ 2 tbsp Sherry Vinegar
- ★ 150g Green Beans, *cut into bite-sized pieces*
- ★ 100g Orzo
- ★ 1 tbsp Olive Oil
- ★ 1 tin Tuna, *drained and flaked*
- ★ 3 roasted Red Peppers from a jar, *chopped*
- ★ 12 dry-cured Black Olives, *halved*
- ★ a handful of Dill, *chopped*

## METHOD



Put the onions and the vinegar in a bowl and season.



Cook the beans in boiling salted water for 3 minutes then scoop out with a slotted spoon.



Cook the orzo in the same water until just tender then drain, rinse under cold water and drain well.



Tip the beans, orzo, olive oil, tuna, peppers, olives and dill into the bowl with the onion and season well. Toss together and serve.