

Serves 4

Ingredients

- 2 x 185g cans tuna in springwater
- 1 x 420g can four bean mix, no added salt
- 4 tomatoes
- 1 stalk celery
- 1 small red onion
- 1 cup flat-leaf parsley leaves

Dressing

- 1 large lemon, rind finely grated, juiced
- 1 garlic clove, crushed
- 1 tablespoon extra-virgin olive oil

Method

1. Drain tuna cans. Drain and rinse four bean mix.
2. Chop the tomatoes, celery and parsley. Halve and thinly slice the red onion.
3. Flake tuna and place in a large bowl. Add beans, tomato, celery, onion and parsley.
4. Make lemon dressing by combining the lemon rind, squeeze of lemon juice, garlic and oil in a screw-top jar. Secure lid and shake until well combined.
5. Pour dressing over salad and serve.



NUTRITION INFORMATION		
Servings per recipe: 4		
Average serving size: 555g		
	Per serve	Per 100g
Kilojoules (kJ)	1479	267
Protein (g)	36.2	6.5
Total fat (g)	7.3	1.3
- Saturated fat (g)	1.4	0.2
Carbohydrates (g)	29.0	5.2
- Sugars (g)	11.6	2.1
Fibre (g)	12.6	2.3
Sodium (mg)	307	55

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.