



# Lentil, Couscous and Bean Salad with Tuna



	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	151	1.2g	3.6g	0.5g	0.4g

## Method

1. Drain the tuna slices and set to one side.
2. In a large mixing bowl, combine the lentils, beans and couscous then stir in the chopped vegetables and parsley.
3. Drizzle over the olive oil and lemon juice, season with a pinch of sea salt and a good grind of black pepper and stir gently to combine.
4. Divide the salad between two bowls and top with the tuna slices.

## Ingredients

1 x 111g can Princes Ventresca Tuna Fillets with Chilli infused oil  
75g cooked green lentils (from a tin or pouch, or cook yourself if preferred)  
75g tinned aduki beans in water, rinsed  
75g wholewheat giant couscous, cooked  
½ yellow pepper, finely diced  
1 spring onion, finely sliced  
¼ red onion, finely chopped  
1tbsp flat-leaf parsley, chopped  
2 tsp extra virgin olive oil  
2 tsp lemon juice  
Pinch salt

Freshly ground black pepper