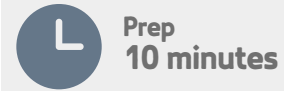




## Tuna, Mixed Bean and Avocado Jacket



	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	98kcal	1.3g	2.5g	0.5g	0.2g
RI%	5%	1%	4%	3%	3%

### Method

1. Preheat the oven to 200°C, fan oven 180°C, Gas Mark 6. Prick the potatoes, then bake them for approximately 1 hour, or until tender.
2. Tip the can of tuna into a bowl and add the beans, avocado and red onion. Stir gently to combine.
3. Mix together the olive oil, vinegar and mustard. Season with salt and pepper.
4. Split the baked potatoes and place on serving plates. Fill with the tuna mixture and drizzle the dressing on top. Serve, garnished with cucumber and lettuce.

### Ingredients

- 1 x 145g can Princes Tuna Chunks in Spring Water, drained
- 2 large baking potatoes, scrubbed
- 200g can mixed beans, rinsed and drained
- 1/2 medium avocado, chopped
- 1 small red onion, finely chopped
- 1 tbsp olive oil
- 1 tbsp white wine or cider vinegar
- 1 tsp wholegrain mustard
- Salt and pepper
- Cucumber and lettuce, to garnish

