



## Tuna Salad Jars



### Ingredients

2 x 110g cans Princes Drained Tuna Steak with a little Spring Water

100g fine green beans, sliced

400g can mixed beans, rinsed and drained

1 carrot, grated

6 radish, sliced

¼ cucumber, chopped

10 cherry tomatoes, quartered

2 small handfuls salad leaves

2tbsp lemon juice

Chopped fresh chives

2tbsp olive oil

1tsp Dijon or wholegrain mustard

These clever salad jars mean you can transport your lunch to the office, the park or the seaside for a healthy, balanced meal. **Cook's Tip:** Try Princes Tuna Chunks in Spring Water instead of the drained tuna steak. Vary the salad jars as you wish, with chopped peppers, griddled courgette chunks or beetroot, replacing the mixed beans with quinoa, rice or pasta.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	79kcal	2.5g	2.7g	0.4g	0.23g
RI%	4%	3%	4%	2%	4%

### Method

1. Tip the cans of tuna onto a plate and break into chunks. Set aside.
2. Cook the green beans in boiling water for 3-4 minutes. Rinse with cold water and drain well.
3. Layer the mixed beans, green beans, carrot, radish, cucumber, cherry tomatoes and salad leaves in two large screw-topped jars. Top with the tuna chunks and sprinkle with 1tbsp lemon juice and a few chives. Seal the jars. Keep chilled until ready to serve.
4. For the dressing, mix together the olive oil, remaining lemon juice, mustard and honey with a little salt and pepper. Pour into small jars and use to dress the salads just before serving.

**1tsp honey**

**Salt and freshly ground black pepper**