



CHLOË BOWLER
complete wellbeing

TUNA & MIXED BEAN SALAD



Ingredients (Serves 4)

GF, DF

- 50g Chickpeas
- 50g Edamame Beans
- 50g Sweetcorn
- 50g Kidney Beans
- 1 tin of Tuna in Springwater
- 1 Red Chilli
- Handful of Chives
- 1 Red Onion
- 50g Green Beans
- 1 tsp Wholegrain Mustard
- Olive Oil & Balsamic Vinega

Method

1. Steam the green beans.
2. Mix all the beans together with the chopped up red onion and chilli.
3. Drizzle with olive oil, balsamic vinegar and the mustard.
4. Flake in the tuna, garnish with chives and serve.

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