



# Butter Bean, Tuna & Red Onion Salad

## Serves 2

½ red onion, sliced  
1 tbsp. apple cider vinegar  
1 celery stick  
bunch parsley, chopped  
1 can (14 oz./400g) butter beans, drained  
1 can (3.8 oz./110g) tuna in olive oil  
salt & pepper

## What you need to do

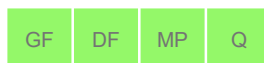
Peel and finely slice the red onion. Place in a large bowl and massage 1 tablespoon of vinegar into it. Season with salt and pepper.

Finely slice the celery, chop the parsley, and put them into the bowl. Drain and rinse the beans.

Divide between 2 plates.

Drain and add the flaked tuna into the bowl. Add onion and gently toss the ingredients together.

Pile the salad on top of the beans and season with salt and black pepper to taste.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 min	245	1	32	17

\*Nutrition per serve

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