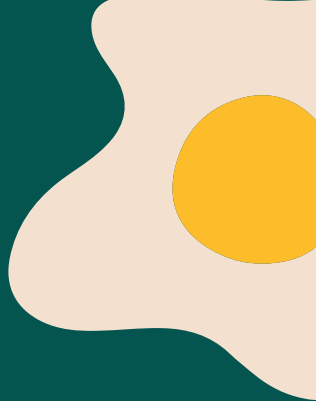


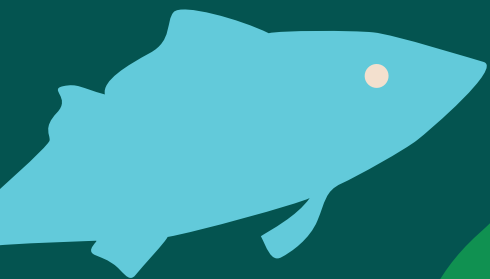
**FULL  
TIME**

GET COOKING WITH  
MARCUS AND TOM

This week, let's fill up on...



# TUNA SALAD



**50**



# TUNA SALAD

SERVE  
2

DONE IN  
10



## INGREDIENTS

- 2 large eggs
- ½ iceberg lettuce
- 1 small tin of new potatoes in water
- A handful of cherry tomatoes
- 2 handfuls of frozen green beans
- 1 tin of tuna chunks in sunflower oil

### For the dressing:

- 2 tbsp sunflower oil (from the tuna tin)
- A squeeze of lemon juice



The easiest tuna salad, with the easiest dressing. A super quick and tasty meal on the table in under 10 minutes!

## METHOD

### 01

Bring a saucepan of water to the boil. Once bubbling, gently lower in the eggs and cook for 6 minutes. Once cooked, drain off the hot water and run them under a cold tap to cool, then set aside.

### 04

To make the dressing, add a squeeze of lemon juice to the bowl of oil (from the tuna tin) and whisk it together with a fork to combine, before drizzling over the salad.

### 02

Roughly cut the lettuce and add this to a serving bowl. Drain the potatoes and cut them in half, then cut the tomatoes in quarters and add these along with the frozen green beans to the bowl - the beans will only take a few minutes to defrost.

### 05

Peel the shell off the eggs, then cut them into quarters and place on the salad. Now tuck in!

### 03

Open the tuna and carefully pour 2 tbsp of the sunflower oil into a separate small bowl, then remove the tuna from the tin with a fork and scatter on top of the salad.

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