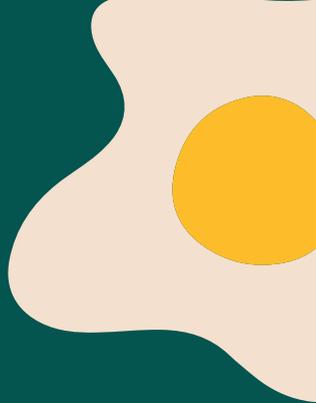


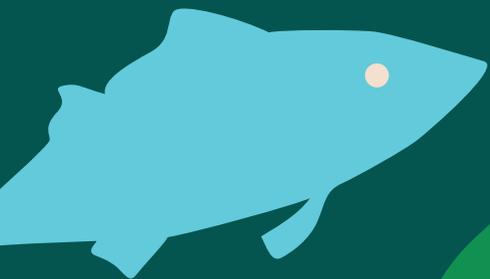
**FULL
TIME**

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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