

Tuna Bean Salad



INGREDIENTS:

175 - 225g of Kingfisher Ventresca Fillets in Spring Water (drained)
Olive oil
Salt and freshly ground pepper
350g tinned (pre-cooked) broad beans, cannellini beans, kidney beans (or similar)
2 tablespoons extra virgin olive oil
3 tomatoes cut into dice or half
1 large garlic clove, finely chopped
½ teaspoon picked thyme leaves

DIRECTIONS:

1. Add the tinned (pre-cooked) broad beans, cannellini beans and kidney beans to a pan and add the Kingfisher Ventresca Fillets, the extra virgin olive oil, tomatoes, garlic, thyme leaves and some salt and pepper to taste. Gently turn over until heated through. Ensure the food is piping hot throughout before serving.
2. To serve, drizzle with a little virgin olive oil and sprinkle with some freshly ground black pepper.