

Borlotti bean salad

Recipe courtesy of Don Hancey.

Makes enough for a big bowl of salad to share.

Ingredients:

2 tins drained borlotti beans
300g tinned tuna in chilli oil
330g fresh french beans (the small ones)
Juice of one lemon
Zest of one lemon
Sea salt
Black pepper
One red onion finely sliced
Splash fresh EVOO (extra virgin olive oil)
Italian parsley

Method:

Drain and rinse tinned beans and place in a large bowl
Blanch off french beans and cool rapidly
Add to borlotti bean mix
Add sliced onion and crumbled tuna
Add olive oil, lemon juice and adjust seasoning
Add roughly chopped parsley

Serving Suggestion:

Serve at room temperature.