

1 Day of Healthy Family Food

Potato, bean & tuna bowl

INGREDIENTS serves 4 + leftover lunch

500g mini new potatoes, washed and halved

130g great beans, washed

140g sugar snap peas

200g edamame or baby brad beans

2 tins of tuna in spring water

A couple of handfuls of rocket

(Pine nuts to top optional)

For the dressing:

3 tbsp olive oil

Either juice of 1 lemon or 1.5 tbsp of apple cider vinegar

Salt, pepper

Options depending on your families taste-buds:

2 tsp of harissa to add to adult portions

2 tbsp of red pesto to add to kids portions

INSTRUCTIONS

Put the potatoes in a pan of boiling water, then boil for about 8 minutes until almost tender. Check your potatoes, then add your beans and sugar snap peas and cook for a further 5 minutes until everything is cooked.

In the meantime, make the base dressing.

Use olive oil and either lemon juice or vinegar as your base dressing. Add a little salt.

Once cooked, drain the vegetables well, toss with half the dressing.

Fold tuna into your vegetable, gently toss.

Divide between 4 bowl and keep some aside for your lunch tomorrow.

Serve each bowl with rocket, sprinkle over the pine nuts if you have any and pour over a little more of the dressing onto each bowl.

Either add a bit of harissa or red pesto, depending on what your family like.

TIP:

- 1) Every plate can have a different seasoning here! Spicy harissa or red pesto...
- 2) This can be eaten hot or cold and is a great meal if not everyone eats at the same time too.
- 3) If you 're not a big fan of tuna, then chunks of feta cheese make this a great dish too!
- 4) This dish is simple and versatile.
- 5) Maybe use broccoli instead of beans!

