

## Bean, tomato & tuna rice salad



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Preparation 20 mins | Cooking 5 mins | Serves 4

This is a fabulous salad for the school lunch box.

- 450g packet 2½-minute brown rice
- 125g green beans, trimmed
- 1 Lebanese cucumber, diced
- 1 green onion (shallot), trimmed and thinly sliced
- 250g tomato medley\*, halved lengthways
- ¼ cup flat-leaf parsley leaves, chopped
- 425g can tuna in oil, drained and roughly flaked
- ¼ cup pitted Kalamata olives (optional)
- 1 tbs extra virgin olive oil
- 1 tbs lemon juice

\* Tomato medley is a colourful mix of mini roma, cherry, tear drop and kumatoes sold in punnets.

**STEP 1** Cook rice in the microwave following packet directions. Place cooked rice into a large bowl and set aside to cool.

**STEP 2** Cook beans in a small saucepan of boiling water for 2-3 minutes until just crisp. Drain and refresh in cold water. Pat dry with paper towel. Cut beans into 3-4cm slices.

**STEP 3** Add beans, cucumber, green onion, tomatoes, parsley, tuna and olives (if using) to rice. Drizzle with oil and lemon juice. Toss to combine and serve.

### Good for you... BEANS

Provide some iron, which is especially important for those who don't eat much meat. Iron is needed for making red blood cells, which carry oxygen throughout the body.

