

Gut-Bug Friendly Food: Butter Beans Tuna & Butter Bean Pasta Salad



Prep: 5 mins Cook: 15 mins Servings: 2 Kettle Only



Top Tips



Replace the tuna for another fish, such as salmon.

Try adding different types of beans to the dish, like cannellini or haricot beans, or even chickpeas



Keep any leftovers in the fridge for tomorrow's lunch.

Equipment



2 Mugs



Kettle



Sieve



Cup or glass



Bowl



2 Plates



Tablespoon

Tin opener
(if required)



Ingredients



2 mugs of dried pasta (**gluten**), ideally brown



1 tin of tuna (**fish**)



1 tin of sweetcorn



1 tin of butter beans (**sulphites**) (any type of beans will be fine but not baked)



1 tablespoon of olive/vegetable oil



Salt & pepper



1 tablespoon of lemon juice or vinegar



1 tablespoon of **mustard** (optional)



Any fresh or dried herbs (i.e., parsley, coriander)

For allergens, see ingredients in **bold**. Allergens may vary between brands, refer to the ingredient lists on the items you have

1

Boil the kettle and pour the boiling water over both mugs of pasta. Cover each with a plate.

Leave for 10-15 mins or until the pasta has gone soft.

Drain the water using the sieve and pour the pasta into the bowl.

2

Drain the tuna, sweetcorn, and beans (if needed) and gently mix with the pasta.

Add a pinch of salt and pepper and mix.

Be aware...

If using raw, dry beans, ensure they have been cooked before eating - tinned beans have already been cooked.

3

Mix the oil, lemon juice/vinegar, and mustard (if using) in a cup.

Pour this over the pasta and gently mix everything together.

If you have any herbs, add these in.

Serve and enjoy!

Allergens: pasta (**gluten**)



beans (**sulphites**)



mustard



If you have IBS, use gluten-free pasta and try adding a smaller quantity of butter beans to the dish