



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.

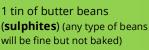


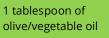


1 tin of tuna (fish)



1 tin of sweetcorn







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

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.

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.

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

