



TOMATO & ONION BEAN SALAD

A healthy Salad, perfect for summer and packed with fresh flavours!



EASY



10 MINS



5 MINS



1

Ingredients

- 1/4 cup couscous
- 3/4 cup boiling water
- 8 thin strips red capsicum
- 125g four bean mix
- 95g can John West Tuna Tempters –Onion & Tomato Savoury Sauce
- 3/4 cup rocket

Instructions

1. Combine couscous and boiling water in a bowl and cover with cling wrap. Stand for 5 minutes. Fluff with a fork. Cool.
2. Toss through four bean mix, capsicum, John West Tuna and rocket. Serve immediately.

Tips:

Use quinoa or your favourite grain, if desired.