



Tuna, asparagus & white bean salad



Prep: 10 mins
Cook: 5 mins



Easy



Serves 4



Ingredients

- 1 large bunch asparagus
- 2 x cans tuna steaks in water, drained
- 2 x cans cannellini beans in water, drained
- 1 red onion, very finely chopped
- 2 tbsp capers
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 2 tbsp tarragon, finely chopped

Method

Step 1 Cook the asparagus in a large pan of boiling water for 4-5 mins until tender. Drain well, cool under running water, then cut into finger-length pieces. Toss together the tuna, beans, onion, capers and asparagus in a large serving bowl.

Step 2 Mix the oil, vinegar and tarragon together, then pour over the salad. Chill until ready to serve.