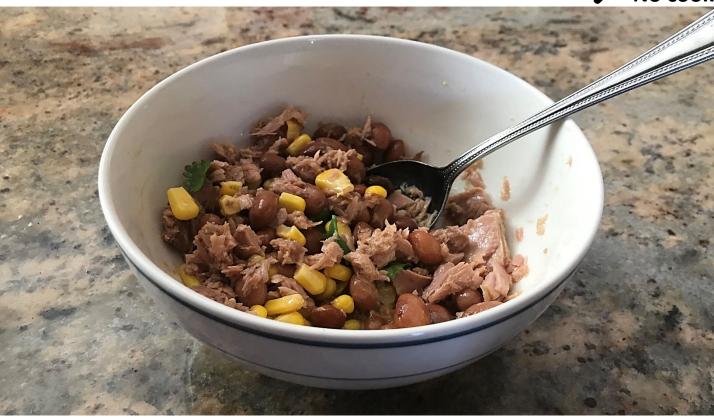


IFAN is working for a society without the need for food aid.



Tuna Bean Salad





Equipment:

- 1 bowl
- 1 cup
- 1 tablespoon

Ingredients for 1 portion:

- 1 tsp olive or vegetable oil
- 1 tbsp lemon juice or vinegar (if available)
- 2 tbsp tinned sweetcorn
- 3 tbsp tinned beans (any)
- ½ x 160g can of tuna
- Salt and pepper
- Optional: 1 tsp of mustard
- Optional: any fresh or dried herbs e.g. parsley, coriander
- Halal
- Gluten-free
- Dairy-free

Steps:

- Drain the beans, sweetcorn and tuna and mix together in the bowl
- Mix together the oil, lemon juice/vinegar, and mustard if using in a cup
- 3. Add a pinch of salt and pepper to the cup.
- Pour this over the sweetcorn, beans and tuna and mix everything together
- 5. If you have herbs, add these and mix in.
- 6. Enjoy!

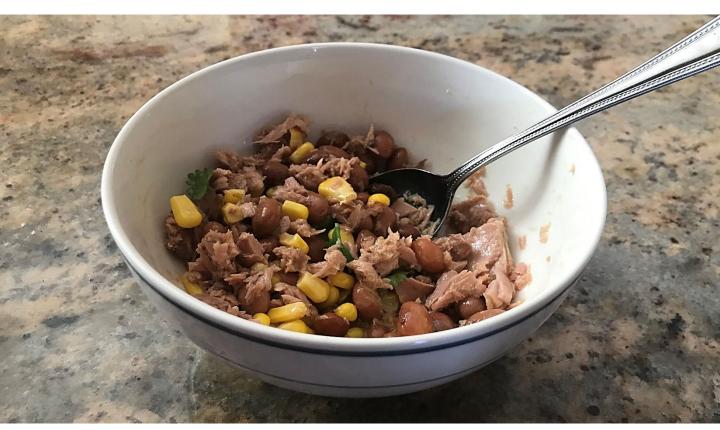


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Tuna Bean Salad





Equipment:

- 1 bowl
- 1 cup
- 1 tablespoon

Ingredients for 4 portions:

- 4 tsp olive or vegetable oil
- 4 tbsp lemon juice or vinegar (if available)
- 1 tin of sweetcorn
- 1 tin of beans (any)
- 2 x 160g cans of tuna
- Salt and pepper
- Optional: 4 tsp of mustard
- Optional: any fresh or dried herbs e.g. parsley, coriander
- ✓ Halal
- ✓ Gluten-free
- Dairy-free

Steps:

- Drain the beans, sweetcorn and tuna and mix together in the bowl
- Mix together the oil, lemon juice/vinegar, and mustard if using in a cup
- 3. Add a pinch of salt and pepper to the cup.
- Pour this over the sweetcorn, beans and tuna and mix everything together
- 5. If you have herbs, add these and mix in.
- 6. Enjoy!