

Lunchbox Laughter Brilliant Beans!



Tuna and Butter Bean Bliss

Ingredients:

- 1 small tin of tuna
- 1 small tin of butter beans
- 8 cherry tomatoes
- 2 handful of salad leaves
- 1 tablespoon French dressing

Equipment:

- Tin opener
- Sieve
- Mixing bowl
- Knife
- Chopping board



Method:

- 1 Wash the salad leaves and halve tomatoes.
- 2 Drain and flake the tuna into a bowl.
- 3 Drain the beans into a sieve and rinse well under cold water.
- 4 Mix together the tuna, beans and dressing.
- 5 Place the salad leaves and tomato at the bottom of two bowls and top with the tuna and bean mix.

Beany Greek Salad

Ingredients:

- 1 small tin of chickpeas
- 60 grams green beans
- 60 grams cucumber
- 60 grams feta cheese
- 8 stoned black olives cut in half

For the dressing:

- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1 teaspoon fresh mint
- 1 teaspoon dried oregano

Equipment:

- Knife
- Chopping board
- Sieve
- Saucepan
- Jug
- Fork



Method:

- 1 Halve green beans and tomatoes, dice cucumber and cut feta into cubes. Stone black olives and cut in half.
- 2 Bring a saucepan of boiling water to the boil, add beans and simmer for 3 minutes. Drain and run under cold water.
- 3 Drain the chickpeas in a sieve and run under cold water.
- 4 Mix the vegetables, chickpeas, cheese and olives together in a large bowl.
- 5 Finely chop mint. Put all the dressing ingredients into a jug and combine with a fork.
- 6 Pour dressing over the salad and mix well.

Traffic Light Beans

Ingredients:

- 1 small tin of red kidney beans
- 1 small tin of chickpeas
- 1 small tin of sweet corn
- 100g green beans
- 12 cherry tomatoes
- 2 sticks of celery
- 1 tablespoon French dressing

Equipment:

- Tin opener
- Sieve
- Saucepan
- Knife
- Chopping board
- Bowl

Recipe

- 1 Halve tomatoes and cut celery into discs.
- 2 Halve green beans. Bring a saucepan of boiling water to the boil, add beans and simmer for 3 minutes. Drain and run under cold water.
- 3 Drain the kidney beans, chickpeas and sweet corn into a sieve and rinse well under cold water; place in a bowl.
- 4 Mix together all ingredients and serve.