



## TUNA AND BEAN SALAD *TONNO E FAGIOLI*

Each year I spend the summer with my family on the island of Sardinia, and we enjoy this salad at least once a week. My wife often makes it in the morning and stores it in a sealed plastic container in the fridge, in preparation for our boat trips. Sometimes she adds a few sun-dried tomatoes or pickled onions – to be honest, you can add pretty much whatever you fancy. Buy tuna in oil rather than in brine, which has the texture of cat food! Serve with warm crusty bread.

1 Put the beans in a large bowl. Add the olives, tomatoes, onion and chives. Season with salt and pepper.

2 Pour over the oil and mix all the ingredients together. Set aside for about 5 minutes to allow the flavours to combine.

3 Just before serving, add the tuna and mix gently, trying not to break up the chunks too much.

Serves 4

1 x 400g tin of cannellini beans, rinsed and drained

1 x 400g tin of butter beans, rinsed and drained

100g pitted green olives, drained and halved

10 fresh red cherry tomatoes, quartered

10 fresh yellow cherry tomatoes, quartered

1 large red onion, peeled and finely sliced

3 tablespoons chopped fresh chives

6 tablespoons extra virgin olive oil

480g tuna chunks in oil (tinned or in a jar), drained

Salt and freshly ground black pepper