



Fat	Protein	Free Veg
1	2½	2

Tuna Nicoise Salad Protein Pots

These tuna nicoise salad protein pots are a great on-the-go option and are handy if you want to prepare food for the next day. They would make a great picnic lunch and are packed with 30g of protein so super filling too.

The green beans are a good source of fiber, potassium, and folate, and are an excellent source of protein, iron, and zinc. They contain anti-oxidants similar to those found in green tea, also known as catechins, which have been found can help improve heart health and help manage diabetes.

Ingredients

- 4 large eggs
- 320g green beans
- 4 tomatoes quartered
- 400g tuna in spring water
- 160 mls low-fat French dressing

Directions

1. Boil the eggs for 8-10 mins depending on if you want a soft or hard yolk, then at the same time steam the green beans for 8-10 mins above the pan until tender. Cool the eggs and beans under running water then carefully shell and quarter the eggs. Leave to cool.
2. Tip the ¼ of the beans into a packed lunch pot. Top with the 1 quartered tomato, 100g of tuna and 1 of the quartered eggs and spoon on 40mls of low-fat French dressing. Seal until ready to eat. Repeat until you have 4 protein pots ready for use.