



# Eat Seasonably Cucumber, Broad Bean, Tuna & Spinach Salad

*A really delicious and super-fresh way to use a load of seasonal veg in one dish. The cucumber adds a delicious coolness to the proceedings.*



## What you need

Serves 4

- 125g/4oz Baby Spinach leaves, washed
- 1 Cucumber, cut
- 200g/8oz Broad Beans, cooked & cooled
- 375g/12oz Tin Tuna Fish, drained
- 2 tbsp Parsley, chopped
- 3 Tbsp Olive Oil
- 2 Tbsp Balsamic Vinegar
- Freshly Ground Black Pepper

## Directions

- Arrange the spinach leaves on the 4 plates, then add the cucumber & broad beans over the spinach
- Flake the tuna fish & add to the salad with the chopped parsley
- Mix the oil & vinegar together. Drizzle over the salad & grind some black pepper over the salad
- Serve with some crusty warm bread



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