

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Tuna, Bean and roasted Tomato Fattoush

Ingredients Serves 4

150g green beans, trimmed and halved
1 Lebanese cucumber, peeled into ribbons
2 tbsp red salad vinegar
500g cherry tomatoes
2 red peppers, sliced thickly lengthways
3 tbsp olive oil
2 large pitta breads
1 tsp sumac
400g tin of four bean mix, drained and rinsed under cold water
425g tinned tuna fish in oil, drained and flaked into large pieces
2 spring onions, chopped
Small bunch of fresh flat leaf parsley

Method

Preheat the oven to 200°C. Line a large baking sheet with parchment paper. Place the green beans and cucumber in a large bowl. Add the vinegar. Season with salt and pepper and toss to coat. Set aside for 20 minutes.

Meanwhile place the tomatoes and pepper on the baking sheet. Sprinkle with a tablespoon of olive oil. Season with salt and pepper and roast for 20 minutes or until tender.

Heat a large frying pan over a medium heat and cook the pitta bread turning after 1-2 minutes or until crisp. Transfer to a baking sheet, brush with 1 tablespoon of olive oil and sprinkle with sumac. Season with salt.

Add the drained bean mix, tomatoes, pepper, tuna, green onion, chopped parsley leaves and the remaining 1 tablespoon of olive oil. Tear the pitta bread into pieces and add to this mixture. Toss to coat and serve.

Per person

Kcals 488

Fat 20.5g

Protein 27.5g

Carbs 42.4g