

Tuna Salad Dinner

Ingredients

400g canned tuna - plain or flavoured
400g canned corn
400g canned beans or chick peas
400g canned beetroot

Utensils

Chopping board
Knife
Can opener (if needed for canned items)
Spoon
Bowl

Optional extras

- 1-2 cups of any fresh salad vegetables such as tomatoes, cucumber, capsicum or lettuce
- herbs or spices to taste
- cheese
- salad dressing



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Method

Please wash hands.

1

Drain any excess liquid from the canned tuna, corn and beetroot.



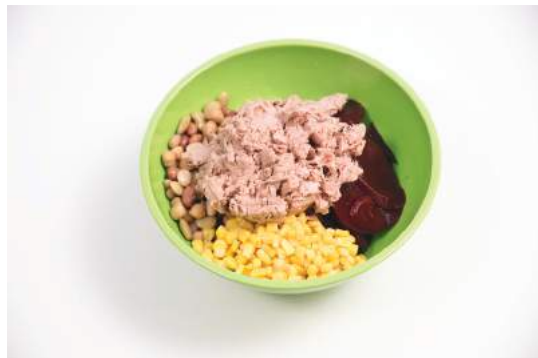
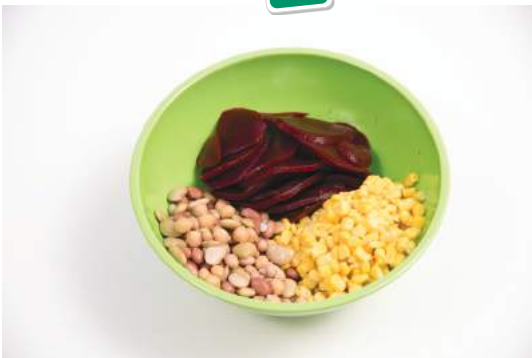
2

Rinse the beans in water and then drain.



3

Mix all ingredients together in a bowl.



4

If adding fresh salad ingredients wash and chop them into small pieces. Add them to the bowl.



5

Enjoy as a main dish or serve on bread or wraps.