



STOP FOOD WASTE WEEK 2019


STOPFoodWaste.ie



CRUNCHY CANNELLINI BEAN & TUNA JAR SALAD Serves 1

By Rozanne Stevens, from her cookbook, 'Eat Well at Work'
This is a favourite recipe from my cookery classes. It is full of flavour, colour and texture. It will brighten up any workday lunch. This soup freezes really well and with so many topping ideas, you'll never get bored, you'll have a different soup each time.

This looks like a really long list of ingredients, but the end result is totally worth it. Again, with our zero waste hats on, swap out the vegetables for the ones you have at home. Vegetables such as butternut squash, fresh tomatoes, peppers, carrots and celery all work well. Frozen peas, corn, carrots and green beans are also good.

The topping suggestions are just that, suggestions. Don't feel you have to go out and buy all of them, unless you know it won't go to waste. There is plenty of flavour and nutrition in the soup already, plus good sources of plant protein.

Ingredients:

2 large eggs
1 x 75g tin of tuna in brine, drained
½ cup (125g) tinned cannellini beans, drained and rinsed
½ cup (80g) cherry tomatoes, halved
½ cup (80g) diced green pepper
1 apple, cored and diced
1 stick of celery, finely chopped
1 dill pickle, diced
½ head of baby gem lettuce, chopped



Dressing:

Juice of 1 lemon
1 tbsp sherry or apple cider vinegar
1 tsp Dijon mustard
1/2 tsp honey
100ml (1/3 cup + 4 tsp) light olive oil
1 tsp dried oregano
1/2 tsp fennel seeds, lightly crushed
Pinch of chilli flakes
Salt and freshly ground black pepper

To transport:

A large clean glass jar with a tight-fitting lid

Method:

- To cook the eggs, put them in a saucepan and cover with two fingers of cool tap water. Slowly bring up to the boil over a medium heat. As soon as the water boils, put on the lid and remove the pan from the heat. Allow to sit for 12 minutes, then use a slotted spoon to transfer the eggs to a bowl of ice water to cool quickly. Gently roll the eggs on the counter, then peel off the shells and cut each egg in half lengthways.
- To make the dressing, whisk together the lemon juice, vinegar, mustard and honey until emulsified. Slowly drizzle in the olive oil and keep whisking until completely combined. Add the oregano, fennel seeds and chilli flakes and season with salt and pepper. Immerse the apple chunks in the dressing for 2 minutes, then remove.
- Start assembling your salad by pouring half of the dressing into the bottom of a large clean jar. Save the rest in a small glass jar and store in the fridge for up to a week.
- Spoon the drained tuna on top, then a layer of cannellini beans. Follow with the cherry tomatoes, green pepper, apple, celery and lettuce. Finish with the halved hardboiled eggs and season again with salt and pepper.
- Seal the jar tightly with the lid and store in the fridge for up to three days.
- To serve the salad, turn the jar upside down and shake it to disperse the dressing.

Make Ahead:

This is a very sturdy salad that will stay fresh in the fridge for up to three days. I also normally boil six eggs at a time to use in various ways during the week. For small quantities of this salad I use tinned beans, but I'll often cook up 500g of dried beans and use them in soups, salads, dips and casseroles.

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