Coco bean salad with Tuna, spices and aromatic flavourings





4 people | 15 min preparation time | 45 min cooking time

All ingredients

1 tin of 160g la belle-iloise Tuna with spices and aromatic flavourings
120g coco beans
2 small carrots (150g)
10 to 12 cherry tomatoes (approx. 100g)
1/4 red onion (approx. 20g)
1 tablespoon seed mustard (approx. 30g)
2 tablespoons red wine vinegar (approx. 20g)
2 teaspoons chopped chives (approx. 1.5g)
salt

Steps

1- Soak the coco beans as indicated on the packet
2- Put them in a pan, cover generously with cold water and boil for 25 min
3- Add the carrots cut into large slices and the salt
4- Cook 15 to 20 minutes (if you like a softer texture, then continue cooking for 5 more minutes)
5- Égoutter etDrain and leave to cool
6- In a large bowl, mix the flaked tuna, the thinly sliced onions, quartered tomatoes, the vinegar and chives
7- Add the coco beans with carrots
8- Mix and chill before serving