



TUNA, PESTO & RICE SALAD

Aromatic brown rice with tuna and the unmistakeable tang of pesto.



TIME: 25 MINUTES

FISH: TUNA

SERVES:



PREPARATION METHOD

Cook the brown basmati rice in plenty of salted water according to packet instructions, until tender. Then, just before it's done, add the frozen peas and bring back to the boil, then drain and cool.

Stir in the cherry tomatoes, pesto and the John West Tuna Chunks. Season to taste and serve.

INGREDIENTS

- ✓ 1 can John West Tuna Chunks in Brine, drained
- ✓ 110g brown basmati rice
- ✓ 140g frozen peas
- ✓ 3 tbs pesto
- ✓ 150g cherry tomatoes, halved
- ✓ Salt and pepper