FLEURISH / DOCTOR'S KITCHEN

Tuna & white bean bowl

with lemon, parsley & red onion

Two pantry cans become a bright, lemony lunch.



Serves 2 | **Prep 10 min** | **No cooking** | **Total 10–15 min**

INGREDIENTS

- ☐ 1 can (5 oz) tuna, drained
- ☐ 1 can (15 oz) cannellini beans, drained and rinsed
- ☐ 1/4 small red onion (about 3 tbsp), minced
- ☐ 1/4 cup chopped fresh parsley
- ☐ 2 tbsp olive oil
- ☐ 1 lemon
- ☐ 1/4 tsp kosher salt
- ☐ 1/8 tsp black pepper, or a few grinds

LET'S COOK

☐ **1. Prep**

Rinse and drain beans; drain tuna. Mince onion and chop parsley. Juice half the lemon (about 2 tbsp); cut the other half into 2 wedges.

☐ **2. Make the dressing**

Mix onion, lemon juice and salt in a bowl; rest 5 minutes. Stir in olive oil and pepper.

☐ **3. Toss & serve**

Gently mix in beans and parsley. Fold in tuna in large chunks without mashing the beans. Taste for lemon and salt, then divide between 2 bowls with lemon wedges.

Can lids are sharp; keep fingers away from cut edges. Refrigerate leftovers in a covered container and eat within 1 day.