

Adios™

A natural aid for slimming



WARM POTATO AND TUNA SALAD WITH PESTO

Serves: 4

Calories per serving: 338

Preparation and cooking time: 30 minutes

Ingredients

650g new potatoes, halved lengthways if large

2 tbsp pesto

4 tbsp olive oil

8 cherry tomatoes

175g can tuna

200g green beans, halved

A couple of handfuls of spinach, preferably baby leaves, tear if larger



Method

- 1 Put the potatoes in a pan of boiling water, bring back to the boil and simmer for 8-10 minutes until tender
- 2 Meanwhile, mix the pesto and oil to make a dressing. Halve the tomatoes, drain and flake the tuna. Add beans to the potatoes for the last 3 minutes of cooking time
- 3 Drain the potatoes and beans and tip into a salad bowl. Stir in the spinach so that it wilts a little from the warmth of the vegetables. Season with salt and black pepper. Scatter the tomatoes and tuna on top, drizzle with the pesto and gently toss everything together

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: