

POTATO, EGG, TUNA AND GREEN BEAN MEAL IN ONE



Serving: 4

Cooking Time: 10 minutes

Prep Time: 5 minutes

INGREDIENTS

- 300g medium potatoes

- 2 garlic cloves, finely chopped
- 4 large eggs, boiled
- 1 x 170g tuna in brine, drained
- 1 avocado, sliced
- 200g green beans, trimmed
- Salt and pepper, to taste
- 1 lemon juiced with peels

INSTRUCTIONS

1. Cut the potatoes into wedges and boil until just tender, for 10 minutes.
2. Place the potatoes and remaining ingredients into a serving bowl and toss to combine.

Description:

This hunger busting meal costs only R40 to feed four people. It is cost effective, nutritious & filling. Did you know eating tuna is a health benefit to your heart as it contains omega -3 fatty acids? You can replace the tuna with pilchard if you so wish. Pilchard & Tuna for example contain good quality fats which are great for reducing the incidence of strokes, high blood & heart attacks.