

## Tuna and bean jackets recipe

**Prep time 20 mins**

**Cooking time 60 mins**

**Serves 4**

4 baking potatoes, scrubbed  
1 can of beans (cannellini, if possible)  
200g tuna in water, drained and flaked  
2 tsp tomato purée

### Instructions

Preheat the oven to 200°C/fan oven 180°C/gas mark 6. Prick the potatoes, then bake towards the top of the oven for 1 hour, or until

While the potatoes are cooking, mix together the cannellini beans, tuna, pepper, tomatoes, spring onions, vinegar and tomato purée. Season with black pepper.

For a vegetarian option, use 200g tofu instead of the tuna.

Split the baked potatoes open and fill them with the salsa mixture. Serve at once.

*Recipe courtesy of Change for Life.*