

CEGIN WLEDIG
DYFFRYN
WYSG

VALE OF USK
COUNTRY
KITCHEN

TUNA, BEAN AND SWEETCORN VALE OF USK SALAD

Ingredients

4 handfuls salad leaves

2 spring onions, finely chopped

185g tin tuna steak

200g tomatoes, quartered

400g tin red kidney beans, drained and rinsed

300g tin of sweetcorn with peppers, drained

2 tbsp olive/rapeseed oil

Juice of ½ lemon

Salt and pepper

Experiment and use seasonal summer salad ingredients, such as diced cucumber, diced beetroot or chopped fresh parsley mixed into the salad

How to make it

1. In a large bowl lightly mix the tuna with the sweetcorn, kidney beans, tomatoes and spring onions, add seasoning to taste.
2. Divide the salad leaves between 4 plates and pile the tuna salad on top. Drizzle each plate with a little oil and lemon juice
3. Serve with crusty local bread

Equipment

1 bowl

Sharp knife

Chopping board



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SALAD DYFFRYN WYSG GYDA THIWNA, FFA AC INDIA-CORN

Cynhwysion

4 llond llaw o ddail salad

2 nionyn wedi eu torri'n fân

185g stêc tiwna mewn tin

200g o domatos

400g o ffa Ffrengig coch mewn tin, wedi eu draenio ac wedi eu golchi

Tin 300g o india-corn gyda phupur, wedi eu draenio

2 llwy fwrdd o olew olif/had-rêp

Sudd o ½ lemwn

Halen a phupur

Arbrofwch a defnyddio cynhwysion salad haf tymhorol megis ciwcymbr wedi ei dorri'n fân, neu fetysen neu bersli wedi ei dorri'n ffres, i mewn i'r salad.

Sut i fynd ati

1. Gan ddefnyddio powlen fawr, cymysgwch y tiwna gyda'r india-corn, ffa Ffrengig, tomatos a'r nionod, gan ychwanegu'r sennin i roi blas.
2. Rhannwch y dail salad rhwng 4 plât gan osod y salad tiwna ar y top. Arllwyswch ychydig o olew a hylif lemon dros bob un plât.
3. Gweinwch gyda bara crofennog lleol

Cyfarpar

1 powlen

Cyllell finiog

Bwrdd torri

