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Plant-based pioneers Good Catch have launched a vegan tuna so people across the UK can enjoy seafood without the sacrifice. 100 per cent plant-based with a six-legume blend of peas, chickpeas, lentils, soya, fava beans and navy beans, plus star ingredients seaweed and algae extracts for a seafood flavour, Good Catch is high in plant-based protein and contains omega-3s. . Add on top of your favourite salad for a plant-powered lunch, layer in a pasta bake for a warming end to the day or tuck in straight out of the pouch with crackers.

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