

## Lamb chops with beans and feta cheese

Serves 8

**100ml olive oil**  
**4 leeks, sliced**  
**6 garlic cloves, chopped**  
**3 carrots, chopped**  
**3 tins butter beans, drained and rinsed**  
**1 tin chopped tomatoes**  
**250ml red wine**  
**250ml chicken stock**  
**2tsp dried oregano**  
**2 bay leaves**  
**salt and pepper**  
**8 lamb chops**  
**1 lemon, juice**  
**400g feta cheese, crumbled**  
**fresh basil leaves, to garnish**

- 1 Heat the oven to 180°C/gas mark 4. Heat about 80ml of the olive oil in a large ovenproof casserole dish. Add the leeks, garlic and carrots and fry gently for 10 minutes over a medium heat.
- 2 Add the butter beans, tomatoes, red wine and chicken stock to the leek mixture. Stir in the oregano and bay leaves, season to taste, then cover the dish and bake in the oven for 45 minutes.
- 3 Meanwhile, place the chops in a bowl and cover with the rest of the olive oil and the lemon juice, making sure they are well coated. Place the chops in a baking tray, season well, then roast in the oven for 10 to 15 minutes until browned.
- 4 Remove the vegetables from the oven and arrange the chops on top. Sprinkle the feta over the top and return to the oven for about 20 minutes, or until cooked through. Serve sprinkled with the basil leaves.

Fat	38g	Saturated fat	16g	Energy	593kcal
Protein	32g	Sodium	1.6g	Fibre	0g
				Carbs	26g



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