

Lamb with Rosemary Butter Beans

Serves 2

Cuisine: British

Ready in 20 minutes

Ingredients:

Olive oil for frying

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| 1 | Garlic clove, finely chopped |
| 2 | Sprigs rosemary, chopped |
| 400g | Can butter beans, drained |
| ½ | Lemon, juiced |
| 4-6 | Lamb chops, seasoned |

Method:

1. Heat 1 tbsp oil in pan and cook the garlic and rosemary for 2 minutes.
2. Add the butter beans, lemon juice and a little water and continue cooking on a low heat
3. Coarsely mash the butter beans with a fork, adding more water to loosen if too dry.
4. Grill the chops for 3 minutes each side for medium

To Serve:

Serve chops with the butter beans and some green vegetables eg: green beans

Chef's Notes:

This is a low GI dish