

Lamb & Tomato Stew with Butter Beans & Feta



Serves 4 Prep 30 mins

Cooking 1h 30 mins

Easy

Ingredients

1 tbsp olive oil
750g lamb neck fillet, cut into small chunks
1 large onion, chopped
1 tsp paprika
400g tin plum tomatoes
1 tbsp sherry vinegar
750ml chicken stock
1- 2x 400g tins butter beans, drained (I found 1 tin enough)
a handful flat-leaf parsley, chopped
100g feta, crumbled
a pinch dried mint (optional)
crusty baguette to serve

1. Heat the oven to 180C/fan 160C/gas 4. Heat the olive oil in a large, heavy lidded casserole & cook the lamb or lamb mince balls, in batches, until browned all over.
2. Scoop out onto a plate with a slotted spoon, Add the onion to the same pan, & fry for 5 mins until the onion has softened. Stir in the paprika and cook for 1 min then tip in the tomatoes (crushing them with your hands as you go), vinegar & stock.
3. Return the lamb to the pot if you use lamb neck fillet, season, then put on a lid and bake in the oven for 1½ hours.
4. Stir in the beans and cook for another 15-20 minutes or until the beans are heated through. Stir in most of the parsley.
5. Serve in warm bowls topped with crumbled feta, the rest of the parsley and a pinch of dried mint, if using, with crusty bread, if you like.