
Mediterranean Butter Beans with Herb-Crusted Lamb

Tender seared lamb paired with creamy butter beans braised in aromatic tomato broth—a protein-rich, low-GI Greek feast that keeps blood sugar steady.

Prep: 10 min

Cook: 25 min

Total: 35 min

Servings: 4

GL 15.5 / GI 29

Ingredients

lamb fillet, trimmed

extra virgin olive oil

garlic cloves, crushed

large onion, finely chopped

tomato purée

fresh dill, mostly chopped with some reserved

red wine vinegar

low-sodium chicken stock

butter beans (gigante beans), drained and rinsed

feta cheese, crumbled

Instructions

Step 1

Pat the lamb fillet dry with paper towels. In a small bowl, combine half tablespoon of olive oil with one crushed garlic clove. Rub this mixture all over the lamb, then season generously with salt and freshly ground black pepper. Set aside at room temperature to marinate while you prepare the bean mixture, or cover and refrigerate for up to 2 hours for deeper flavor penetration.

Step 2

Heat the remaining tablespoon of olive oil in a large, deep skillet or sauté pan over medium heat. Add the chopped onion and remaining two crushed garlic cloves, season lightly with salt, and cook for 7-8 minutes, stirring occasionally, until the onion becomes soft and translucent without browning.

Step 3

Stir in the tomato purée and cook for 1 minute to caramelize slightly. Add the chopped dill (reserving some whole leaves for garnish), red wine vinegar, and chicken stock. Stir well to combine, then add the drained butter beans. Season with salt and pepper to taste.

Step 4

Bring the bean mixture to a gentle simmer, then reduce heat to medium-low. Cook uncovered for 15 minutes, stirring occasionally, until the liquid has reduced by about two-thirds and the beans are tender and creamy. The mixture should be saucy but not soupy.

Step 5

While the beans simmer, heat a heavy-bottomed frying pan or cast-iron skillet over high heat until very hot. Add the marinated lamb fillet and sear without moving for 2 minutes until a golden crust forms. Turn and sear all sides for about 5 minutes total cooking time for medium-rare, or longer if you prefer more well-done meat.

Step 6

Transfer the seared lamb to a cutting board, tent loosely with aluminum foil, and let rest for 5 minutes. This resting period allows the juices to redistribute throughout the meat, ensuring maximum tenderness.

Step 7

Slice the rested lamb against the grain into thick medallions, about 1-2 cm wide. Divide the warm butter bean mixture among four shallow bowls or plates. Arrange the sliced lamb on top of or alongside the beans.

Step 8

Finish each serving by scattering crumbled feta cheese over the top and garnishing with the reserved fresh dill leaves. Serve immediately while hot, optionally with a side of leafy greens or a simple cucumber salad for added fiber and nutrients.