

HEARTY LAMB SHANKS

HEALTHY
PICK



Serves 4-6



Prep Time 20 minutes



Cook Time 2 hours



INGREDIENTS

- 4-6 lamb shanks, trimmed of end knuckle
- 1 large onion, peeled and chopped
- 2 tsp crushed garlic
- 2 parsnips, peeled and quartered lengthways
- 3 stalks celery, cut into slices

METHOD

1. Heat a dash of oil in a frying pan and brown the shanks on all sides. Transfer to a casserole dish.
2. Cook onion, garlic, parsnips and celery in the remaining oil until just beginning to soften. Add

- 2 Tbsp **Wattie's Tomato Paste**
- 1 Tbsp finely grated orange zest
- ¾ cup orange juice
- 2 cups beef stock
- 2 bay leaves
- 1-2 Tbsp freshly chopped thyme
- ¼ cup **Lea and Perrins Worcestershire Sauce**
- 700 g bag **Wattie's Rosemary and Garlic Potato Roasters**

the tomato paste and cook stirring for 2-3 minutes. Stir in orange zest and juice, beef stock and bay leaves.

3. Cover and cook at 160°C for 1 hour 45 minutes or until shanks are tender.

4. Remove from oven, increase oven temperature to 230°C and arrange the **Wattie's frozen Rosemary & Garlic Roasters** on a baking tray. Cook for 20 minutes. To finish the casserole add **Lea & Perrins Worcestershire Sauce** and thyme to the shanks and season with salt and pepper.

Serve shanks and crispy vegetable roasters in bowls.

Crockpot/Slow Cooker Instructions:

Prepare the recipe following steps 1 and 2, add ingredients to slow cookers with only 1 cup stock. Cook on LOW for approx 8 hours (refer to your user manual). Finish with Lea & Perrins, thyme, and seasoning. Serve as above.