



Product Spotlight: Thyme

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



Slow Braised Herb Lamb Shanks

Fall-off-the-bone lamb shanks braised with fresh tomatoes, onion, thyme and potatoes, served with a zesty lemon green bean and mesclun salad.



20 minutes + 2 1/2 hours slow cook



Lamb



4/6 servings

Make a lamb stew!

Cook the lamb shanks and vegetables in a slow cooker with chopped tomatoes for a thicker sauce. Add some sliced carrot, celery or red lentils for bulk.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	36g	18g	31g/25g

FROM YOUR BOX

	4 PERSON	6 PERSON
LAMB SHANKS	2 x 2-pack	3 x 2-pack
BROWN ONION	1	1
GARLIC CLOVES	2	3
TOMATOES	2	3
THYME	1 packet	1 packet
MEDIUM POTATOES	3	4
GREEN BEANS	250g	250g
LEMON	1	2
MESCLUN LEAVES	60g	2 x 60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 chicken or vegetable stock cube, dried oregano

KEY UTENSILS

large oven-proof pan (see notes), saucepan

NOTES

You can use a slow cooker instead of an oven proof pan. Reduce the water by 1 cup and cook on low for 6–8 hours or high for 3–4 hours.

Protein Upsize Option: when adding extra meat, add 1 cup water to ensure even cooking.



1. BROWN THE LAMB SHANKS

Set oven to 220°C.

Heat a large oven proof pan over medium-high heat with **oil**. Season **lamb shanks** with **salt and pepper**. Brown for 6–8 minutes, turning occasionally. Remove to a plate.



2. PREPARE THE BRAISE

Dice **onion**, crush **garlic** and roughly dice **tomatoes**. Add to pan as you go and cook for 2–3 minutes until softened. Crumble in **stock cube**, add **1/2 packet thyme leaves**, **2 tsp oregano** and **2 cups water**.

6P-use 3 tsp oregano and 3 cups water.



3. BRAISE THE LAMB

Dice **potatoes** into 4–5cm pieces. Add to pan with **lamb shanks**. Cover tightly with lid or foil and cook in oven, turning 2–3 times for 2–2 1/2 hours, until tender.



4. BLANCH THE GREEN BEANS

Meanwhile, trim and halve **green beans**. Blanch in a saucepan of boiling water for 2 minutes. Refresh under cold water and drain.



5. MAKE THE SALAD

Whisk together **1/2 lemon zest and juice** (wedge remaining) with **2 tbsp olive oil**, **salt and pepper**. Toss with **green beans** and **mesclun leaves**.

6P-use 1 lemon zest and juice with 3 tbsp olive oil. Wedge remaining lemon.



6. FINISH AND SERVE

Garnish **lamb shanks** and **potatoes** with remaining **thyme** and **lemon wedges**. Serve with **green bean salad** on the side.



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