

Slow cooked garlic & herb lamb shanks RECIPE

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COOK TIME 8 hours PREP TIME 15 mins SERVES

4 x

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## **INGREDIENTS**

- Canola Oil Spray
- 4 Lamb Shanks (1.2 kg)
- 4 Carrots (400 g), peeled & quartered
- 2 Celery Sticks (80 g), sliced
- 400g can No Added Salt Diced Tomatoes
- 4 tbsp No Added Salt Tomato Paste (140 g)
- 1 MasterFoods™ Garlic & Herb Lamb Shanks Recipe Base
- 4 medium Potatoes (600 g), peeled & mashed

#### **RELATED PRODUCTS**



MasterFoods Garlic & Herb Lamb Shanks Slow Cook Recipe Base 175g

See details

### **METHOD**

1. 1.

Heat pan on medium heat. Spray with oil and cook lamb shanks until browned.

2. 2

Place carrots, celery, diced tomatoes, tomato paste and Recipe Base into a slow cooker and stir.

3. 3.

Add lamb shanks and cook on high for 4 hours or on low for 8 hours.

4. 4.

Serve your MasterFoods™ Garlic & Herb Lamb Shanks with mashed potatoes.

5. 5

Please note slow cookers vary. This recipe is based on using a 3 litre slow cooker.

6. 6.

For a vegetarian option, swap the lamb for two whole beetroot, peeled and diced.

#### **Source URL:**

https://www.masterfoods.com.au/recipes/slow-cooked-garlic-herb-lamb-shanks