Slow cooked garlic & herb lamb shanks
RECIPE

Slow cooked garlic & herb lamb shanks

COOK TIME	8 hours
PREP TIME	15 mins
SERVES	4 x

Slow Cooked Garlic & Herb Lamb Shanks

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

METHOD

1. Heat pan on medium heat. Spray with oil and cook lamb shanks until browned.
2. Place carrots, celery, diced tomatoes, tomato paste and Recipe Base into a slow cooker and stir.
3. Add lamb shanks and cook on high for 4 hours or on low for 8 hours.
4. Serve your MasterFoods™ Garlic & Herb Lamb Shanks with mashed potatoes.
5. Please note slow cookers vary. This recipe is based on using a 3 litre slow cooker.
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