



TENDER GLAZED LAMB SHANKS

Sweet peppers, new potatoes, olives, garlic & parsley



SERVES:
4



PREP TIME:
12MIN



COOK TIME:
2HRS

INGREDIENTS

4 higher-welfare lamb shanks (roughly 400g each)
olive oil
1 bulb of garlic
6 mixed-colour peppers
1 lemon
800g baby new potatoes
8 black olives, stone in
red wine vinegar
1 teaspoon runny honey
½ a bunch of flat-leaf parsley (15g)

METHOD

Preheat the oven to 180°C. Place a large deep casserole pan on a high heat. Season the lamb shanks with a pinch of sea salt and black pepper, then fry in 1 tablespoon of olive oil, turning until browned all over. Meanwhile, halve the unpeeled garlic bulb across the middle and tear up the peppers into big chunks, discarding the seeds and stalks. Add both to the pan, then use a speed-peeler to add the lemon peel in strips. Go in with the potatoes, halving any larger ones, then squash, destone and add the olives, also stirring in a splash of liquor from their jar. Mix together well, cover, then transfer to the oven for 1 hour. Mix up again, and cook uncovered for another hour, or until the lamb is tender. Remove from the oven. Mash the soft garlic cloves into the stew, discarding the skins, then season to perfection with salt, pepper and a thimble of red wine vinegar. Brush the honey over the lamb, then pick over the parsley leaves, and serve.

GO VEGGIE Simply swap the lamb for quarters of scrubbed celeriac, treating it in exactly the same way, and chuck in a jar of drained chickpeas.

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
681kcal	38.4g	14.4g	70.6g	14.8g	12.4g	1g	5.4g