

BRAISED LAMB SHANKS

Serves 4

Per serving: 253 Calories, 2.2% fat
(excluding accompaniments)

Prep time 10 mins

Cook Time 2 hours

INGREDIENTS

500g lamb shanks, all visible fat removed
1 medium red onion, finely chopped
2 garlic cloves, crushed
4 parsnips, peeled and chopped
300g button mushrooms
1 tbsp tomato purée
500ml vegetable stock
2 tbsp green lentils
1 tbsp chopped mixed herbs
2 tsp gravy powder
200g fine green beans, chopped
2 tbsp chopped fresh parsley
freshly ground black pepper

METHOD

1. Preheat a heavy-bottomed, non-stick pan. Trim any traces of fat from the lamb shanks and season with black pepper.
2. Cook the shanks in the hot pan to seal them on all sides, then add the onion, garlic, parsnips and mushrooms and cook quickly over a high heat to soften the onion. Add the tomato purée, vegetable stock, lentils and herbs, stirring well. Dilute the gravy powder with a little cold water and stir into the pan, then cover and simmer for 1½ hours (or place in a preheated oven at 180°C, 350°F, Gas Mark 4 for the same time) to allow the lamb to cook through.
3. When the meat is tender, stir in the green beans, topping up with more stock if required, and cook for a further 20 minutes. Just before serving, stir in the fresh parsley. Serve straight away with a selection of fresh vegetables.

