



**READY TO COOK**  
BY HARRIS FARM

# MEDITERRANEAN STYLE LAMB SHANKS WITH HERBED COUSCOUS



PREP  
**15 min**



COOK  
**3 hrs**



SERVES  
**4**

## INGREDIENTS:

- > 4 Lamb Shanks
- > 1 Fennel Bulb
- > 1 Brown Onion
- > ½ Coriander Bunch
- > 1½ Tbs Moroccan Spice Blend
- > 400g Chopped Tomatoes
- > 1/3 Cup Black Olives
- > 1 Broccolini Bunch
- > 100g Kale
- > 1½ Cup Couscous
- > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1½ Tbsp Honey
- > Olive Oil
- > Salt and Pepper

# METHOD – GET COOKING!



1

**Preheat oven to 160°C and bring a kettle with water to the boil.**

**Slice the fennel into 2cm slices. Small dice the onion. Cut the bottom ends off the broccolini. Wash and finely chop the coriander leaves. Set all ingredients aside.**

2

**Bring a large frying pan to high heat and drizzle with olive oil. Sear the lamb shanks for approximately 2-3 minutes on each side until golden brown. Remove from the pan and set aside.**

**Using the same pan, add little more olive oil and cook the fennel for 2 minutes on each side until golden. Then add the onion and cook for 3 minutes. Add the Moroccan spice blend, mix throughout and cook for 2 minutes, stirring continuously. Add the chopped tomato, olives, coriander and honey. Season with salt and pepper and mix well. Bring to the boil and simmer for 5 minutes.**

3

**Place the lamb shanks on a deep tray. Add the sauce and 1L of water, mix well to combine. Cover the tray with a sheet of baking paper, then followed by a sheet of foil. Place into the oven and cook for 2½ hours.**

**Meanwhile, place the couscous in a medium size bowl and season with salt and pepper. Add 1½ cups of boiling water, quickly mix through and cover with foil. Let it sit for 3 minutes and fluff using a fork to release steam then set aside.**

4

**In a large frying pan on high heat, drizzle olive oil and cook the broccolini for 3 minutes on each side. Season with salt and pepper then set aside.**

**Add a little more olive oil to the pan. Cook the broccolini for 3 minutes each side, remove and set aside. Cook the shredded kale in the same pan for 1 minute until vibrant green and soft. Add to the couscous with the zest and juice of ½ a lemon, mix through, set aside and keep warm.**

5

**Remove the lamb shanks from the oven and skim the excess oils from the top of the sauce.**

**Serve the Lamb on top of the couscous onto a serving platter with broccolini. Pour the sauce all over the lamb and garnish with some extra coriander and lemon wedges.**

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover Moroccan spice mix on any protein, for roasting meats or vegetables.
- Use leftover fennel finely shaved into a salad.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
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