



READY TO COOK
BY HARRIS FARM

SPANISH STYLE LAMB SHANKS WITH POTATOES AND GREEN BEANS



PREP
15 min

COOK
3 hrs

SERVES
4

INGREDIENTS:

- > 4 Lamb Shanks
- > 1 Brown Onion
- > 3 Garlic Cloves
- > 1 Red Capsicum
- > 500g Tomato, Garlic & Onion Sauce
- > 1 Tbsp Tomato Paste
- > 500ml Chicken Stock
- > 500g Kestrel Baby Potatoes
- > 1 Pinch Saffron
- > 500g Green Beans
- > ¼ Bunch Parsley

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive oil
- > Salt and Pepper
- > 2 Bay Leaves
- > ½ Cup White Wine
- > 1 Tbsp Boiling Water

METHOD - GET COOKING!



1 Preheat the oven to 160°C. Pat dry the lamb and set aside. Finely dice the onion and capsicum, and slice the garlic. Bring a large casserole dish to high heat. Drizzle olive oil, and sauté the capsicum for 3 minutes until softened. Add the onion and cook for 3 minutes. Add the garlic and cook for 2 minutes.

2 Add the tomato sauce and tomato paste, and mix through. Cook for 5 minutes. Add the stock and bring to a boil. Place the saffron in a bowl and add the boiling water. Infuse for 2 minutes then add to the sauce. Season with salt, pepper, 1 tsp of sugar and the bay leaves. Turn down heat to simmer.

3 Meanwhile, sear lamb in a hot frying pan for 2 minutes on each side until golden brown. Season with salt and pepper. Add to the sauce. Deglaze the frying pan with white wine. Bring to the boil for 1 minute then add to the sauce. Cut the potatoes in half and submerge into the sauce. Cover and cook in the oven for 2 ½ hours.

4 Meanwhile, remove the tops of the beans and cook in salted boiling water for 3 minutes before serving. Remove lamb from the oven and uncover. Place back in the oven on grill function. Cook for 10 minutes until golden brown. Remove from oven and carefully remove any excess oils. Serve Lamb Shanks hot with freshly chopped parsley and green beans.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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