



READY TO COOK
BY HARRIS FARM

BRAISED LAMB SHANKS WITH TOMATO PASSATA, PARSNIP-POTATO MASH & SALSA VERDE



PREP
20 min



COOK
3 hrs



SERVES
4

INGREDIENTS:

- > 2 Lamb Shanks
- > 700g Tomato Passata
- > 1 Brown Onion
- > 3 Garlic Cloves
- > 2 Bay Leaves
- > 2 Tbsp Italian Spice Mix
- > ½ Basil Bunch
- > 1L Chicken Stock
- > 500g Imperfect Parsnip
- > 500g Imperfect Potatoes
- > 5 Tbsp Salsa Verde

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Rosto Olive Oil
- > ½ Cup Milk
- > 100g Butter
- > 1 Tsp Sugar
- > Salt and Pepper
- > ¼ Tsp White Pepper

METHOD – GET COOKING!



1

Preheat oven to 160°C.

Finely dice the onion and **chop** the garlic. **Set aside.**

2

Bring a deep casserole type dish to **high heat**, **drizzle olive oil** and **sear** the lamb shanks for 2-3 minutes on **each side until golden brown**. **Remove** from casserole and **set aside.**

Using the same casserole, **sauté** the onion and garlic for 3 minutes **until softened and golden**. **Add** the bay leaves and **passata**. **Season** with sugar, salt, pepper and a sprinkle of the **Italian spice mix**. **Stir through** and **bring to the boil.**

Add the chicken stock and ½ of the basil to the casserole. **Bring to the boil again**. **Place** the shanks into casserole, **cover** with a lid, **place in the oven** and **cook** for 3 hours.

3

Meanwhile, **peel** the potatoes and parsnips. **Cut** them into similar size pieces, **place** them in a pot with salted water and **bring to a boil**. **Cook** for approximately 30 minutes or until soft. **Drain well** and **keep in a colander.**

In the same casserole, **add** the milk and butter. **Bring up to heat**, **add** the potatoes, **mix and mash until smooth**. **Season** with salt and white pepper. **Set aside** and **keep warm.**

4

Remove Lamb from the oven and **carefully discard** the excess oils from the sauce.

Serve braised lamb shanks **with parsnip-potato mash** and a side of **Salsa Verde.**

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Cook the mash potato 40 minutes before serving the lamb.
- Cook shanks uncovered for an extra ½ hour for more colour or if you want a thicker sauce.
- Use leftover Italian spice mix on any sauces, dressings or marinades.

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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