

BETTER THAN BEANS

Lamb Shanks with Rosemary



INGREDIENTS – WHAT YOU NEED

1 - 2 lamb shank meat portions per person



1 onion



4 cloves garlic



1 400g can of tomatoes



BETTER THAN BEANS

splash of red wine



2 teaspoons of stock (beef or chicken)



1 tablespoon or sprig of rosemary leaves



3 stalks of flat leaf parsley – optional



salt and pepper



BEEF AND POTATO PIES

© 2015 The Food Network

BETTER THAN BEANS

METHOD – HOW TO COOK

Cut 1 onion in half.

Peel off the crusty outer layer.

Cut each half into fat slices.

Put aside.



Smash 4 cloves of garlic.

Finely chop.

Put aside.



Put a saucepan on the stove on high heat.

Add oil.

When hot, add your lamb shank meat.



BETTER THAN BEANS

Cook until browned on the outside.

We are not cooking the meat through.



When the meat is browned on the outside,
remove from the pan.

Add your sliced onion to the pan.

Add more oil if you need to.



When the onion is yellow,

add the chopped garlic.

Cook very lightly... try not to brown.

BETTER THAN BEANS

Return the meat to the pan.

Add –

- 1 can of chopped tomatoes
- 1 can of water
- 2 teaspoons of stock
- 1 teaspoon of sugar
- 1 sprig of rosemary leaves
- 1 splash of red wine (optional)
- salt and pepper



Bring to the boil.

Then turn down the heat.

Simmer gently with the lid on
for 30 minutes.



Remove the lid.

Continue simmering for at least 20 minutes.



BETTER THAN BEANS

Roughly chop 3 stalks of flat leaf parsley.

Stir through your lamb shanks just before serving.



Serve with mashed potatoes and
your favourite salad.

