

SEASONAL BAKED LAMB SHANKS

Try this *easy one pot dish* to savour the flavours of this season's Westcountry lamb & spring veg.

All ingredients available at Johns. Remember to use your loyalty card!

Ingredients

4 lamb shanks
3 carrots peeled & cut into chunks
2 leeks washed & cut into chunks
1 large onion cut into chunks
4 garlic cloves, crushed
500ml stock/red wine or ½ of each
2tbs olive oil
Bunch of thyme/rosemary or both!
Salt & freshly ground black pepper

Wine pairing: Perfect with our wine of the month –
Turi Cabernet Sauvignon from Chile £5.99 (save 5% on case of 6 or 12)

Cooking instructions

- Preheat the oven to 190°C/375°F/Gas mark 5.
- Season the lamb with salt & pepper.
- Heat the olive oil in a large casserole/pan and sauté the lamb and veg over a moderate heat until lightly browned.
- Add the garlic, cook for 1 minute.
- Pour over the stock, add the herbs, lightly season with salt and pepper and bring to the boil.
- Cover the dish with a lid and bake in the oven for 1½-2 hours or until the meat starts to separate from the bone.
- Serve on its own or with mashed potato.