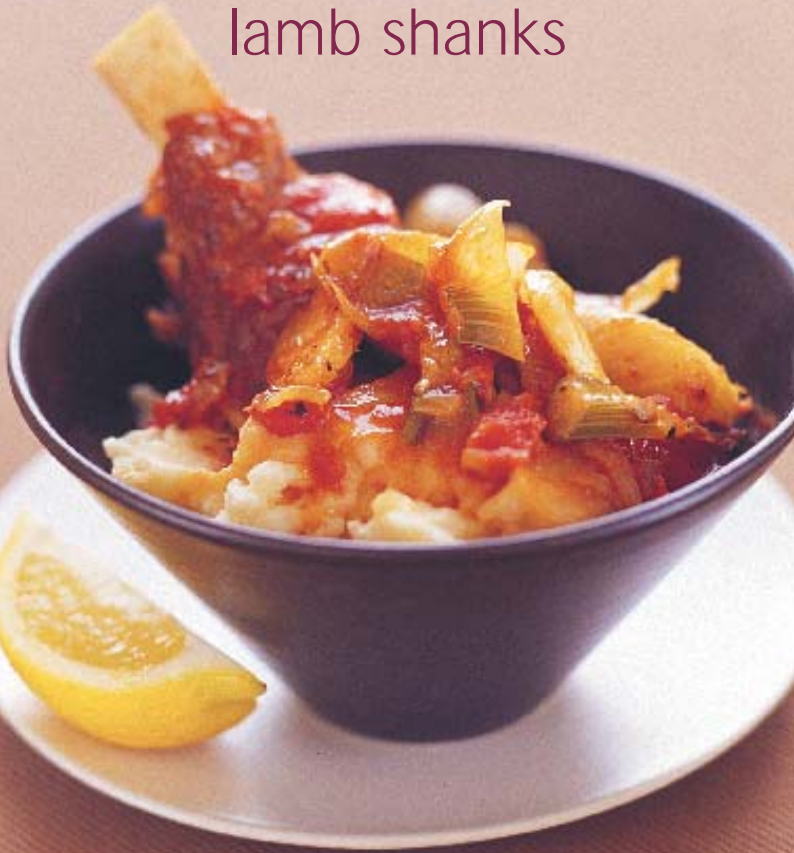


Fennel & tomato lamb shanks



Fennel & tomato lamb shanks

Serves: 4

Preparation: 15 minutes

Cooking: 1 hour 20 minutes

2 tbs plain flour
salt and ground black pepper
4 lamb shanks, trimmed
2 tbs olive oil
2 garlic cloves, crushed
1 large onion, roughly chopped



2 fennel bulbs, trimmed and roughly chopped
2 x 400g cans diced tomatoes
1 cup beef stock
mashed potatoes, to serve
lemon wedges, to serve

1. Place seasoned flour into a plastic bag, add lamb shanks and toss to coat. Shake off excess flour. Heat oil in a large oven-top casserole or deep frying pan over medium-high heat until hot. Add lamb shanks and cook, turning often, until well browned. Remove to a plate.
2. Add remaining oil, garlic and onion to pan and cook, stirring often, for 3 minutes or until onion is soft. Add fennel and cook, stirring often, for 2 minutes.
3. Return lamb shanks to pan, add tomatoes and stock and season with salt and pepper to taste. Stir to combine, cover and simmer, stirring and turning lamb shanks occasionally, over medium-low heat for 1 hour. Remove cover and cook for 10 minutes to reduce cooking liquid slightly. Serve lamb shanks with mashed potatoes and lemon wedges.

SYDNEY MARKETS

Supplying quality fresh fruit & vegetables

SYDNEY MARKETS