



Think you're
getting enough
vegies?
Cut it out.



LAMB SHANK CASSEROLE

 25 minutes preparation + 2-2½ hours cooking

 **Provides 4 serves of vegies per person**
Serves 4 people

- 2 teaspoons olive oil
- 4 lamb shanks, tipped
- Freshly ground or cracked black pepper, to taste
- 2 tablespoons plain flour
- 2 cloves garlic, crushed
- 1 large onion, sliced
- 2 turnips, peeled and cut into chunks
- 2 parsnips, peeled and cut into chunks
- 2 sticks celery, sliced
- 150g mushrooms, sliced
- 400g can whole tomatoes
- 1⅔ cup (400mL) water
- ½ cup red wine (optional)
- A few fresh herbs (parsley, thyme, marjoram, oregano)
or ½ teaspoon dried Italian herbs

Preheat oven to 160°C. Heat oil in a frypan. Toss lamb with flour and pepper in a plastic bag. Remove lamb, pan-fry until brown on all sides and place in a large casserole dish. Add all vegetables except tomatoes to the pan and cook for 5 minutes, turning constantly until they begin to colour slightly. Tip in remaining seasoned flour from the plastic bag. Add tomatoes and water and stir into vegetables. Add red wine and herbs. Bring to the boil and pour over lamb. Cover closely with a lid and bake in oven for 2-2½ hours until meat is falling off the bones.

For more information visit:
www.gofor2and5.com.au



An Australian Government, State and Territory health initiative.

