



Middle Eastern Lamb Shanks with Herbed C

4

Serves

Method

Pre-heat oven to 160°C (140°C fan-forced).

Heat half the oil in a large pan and add shanks cooking over a medium-high heat until seared all over. Set aside. Wipe pan out if required.

Heat remaining oil and cook the onion and garlic for 3-4 minutes until tender. Stir in spices and cook until fragrant. Add tomato paste and cook a further minute.

Pour the stock into the pot with the lamb shanks and cinnamon sticks, bring to the boil, cover and transfer to the oven. Cook for 1 hour, then add the orange and dates to the pot. Return to the oven a further hour, or until lamb is easily pulled away from the bone.

Ingredients

- 2 tbsp olive oil
- 4 trimmed Lamb shanks
- 1 onion, sliced
- 3 cloves garlic, finely chopped
- 2 tsp ground cumin
- 1 tsp sweet paprika
- ½ tsp ground turmeric
- 1 tbsp tomato paste
- 4 cups chicken stock
- 2 cinnamon sticks
- 2-3 strips orange rind
- 8 fresh dates, pitted
- ½ cup coriander leaves, chopped
- Salt flakes and freshly ground black pepper, to taste

Remove shanks from the pot and place pot over a cooktop and rapidly boil for 3-4 minutes to reduce liquid slightly. Return shanks to the pot, stir in coriander and season to taste.

Meanwhile; place couscous into a large bowl and pour over the boiling water with the oil. Stir and allow to sit covered for 2 minutes. Stir in chopped herbs and season to taste. Serve lamb shanks with couscous, yoghurt, harissa and flaked almonds.

- Yoghurt, harissa and toasted flaked almonds, for serving
- 1 ½ cups couscous
- 1 ½ cups boiling water
- 1 tbsp olive oil
- ½ cup parsley leaves, chopped
- ¼ cup coriander leaves, chopped

Recipes

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