

CREAMY POTATO MASH, LAMB SHANK & VEGETABLES



Serving: 4

Cooking Time: 1 2 hours 10 minutes

Prep Time: 15 minutes

INGREDIENTS

- **Ingredients for Lamb Shank:**

- 2 x 1.5kg lamb shanks
- 30ml (2 tbsp) olive oil
- 2 onions, quartered
- 2 garlic cloves, finely chopped
- 2 carrots, thickly sliced
- 45ml (3 tbsp) Worcestershire sauce
- 250ml (1 cup) beef stock
- 1 x 400g tin whole peel tomatoes
- 2 bay leaves
- 4 large potatoes
- 45ml (3 tbsp) butter
- 125ml (½ cup) hot milk
- 45ml (2 tbsp) butter
- Salt to taste

INSTRUCTIONS

1. Place the shanks in a large casserole and add the rest of the ingredients, cover and cook for (+/- 2 hours) on a medium heat.
2. Stirring occasionally, until the meat is very tender. Add more stock only if it is necessary.
3. To make the mash, boil the potatoes until soft and drain.
4. Mash with a potato masher and return to the stove. Add the rest of the ingredients and stir over low heat until smooth and creamy.
5. Stir through freshly chopped parsley, if desired.
6. Serve the shanks with the mash and vegetables of choice. Pssst...We just love spinach and pumpkin.