

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Rustic Lamb Shanks and Vegetables

Ingredients

2 Lamb shanks

½ cup olive oil

Salt and freshly ground black pepper

1 tsp cumin powder

1 tsp paprika

3 Dutch carrots

2 sweet potatoes, roughly chopped

2 Spanish onions, roughly chopped

1/2 tsp fennel powder

½ cup water

Method

1. In a large baking tray place the lamb shanks and vegetables.
2. Drizzle over the olive oil and seasonings and rub over the lamb and vegetables.
3. Pour in the water and cover the baking tray with aluminum foil.
4. Bake in a preheated oven at 180 degrees C for 30 minutes and remove the foil.
5. Cook for a further 40 minutes or until cooked through and browned.
6. Serve.



Preparation Time: 10 minutes

Cooking Time: 70 minutes

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Serves 2

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