



Lamb Shank Pies

Ingredients

- 4 Lamb Shank, Fully-Trimmed, Raw
- 1 tbsp Olive oil
- 200 g Onions
- 4 Cloves Garlic
- 625 mg Red Wine
- 250 mg Tap Water
- 240 g Carrots
- 240 g Parsnips
- 120 g Celery
- 10 g Fresh Rosemary
- 54 g Maggi Roast Chicken Gravy
- 2 Puff Pastry, Reduced-Fat

Instruction

1. Heat the oil in a large saucepan over high heat. Cook the shanks for 3 minutes each side or until well browned. Remove and set aside. Add onion and garlic to pan and cook for 3 minutes or until soft. Return shanks to pan with wine and water. Cover and simmer for 90 minutes. Add carrot, parsnip, celery and rosemary. Simmer, covered, for 1 hour or until the shanks are tender. Make MAGGI Roast Meat Gravy and add to pan.
2. Preheat the oven to 180°C/160°C fan forced. Divide shanks and vegetables between 4 x 1½ cup capacity dishes.
3. Cut four rounds of puff pastry and fit over the dishes, cutting a hole for the shank bone. Bake for 20 minutes or until golden. If desired serve with a leafy green salad.

Nutrition

Carbohydrates	45.8 g
Energy	507.14 kcal
Fats	22.37 g
Protein	34.09 g

🕒 190 Minutes

⊕ 4 portions