



## Braised Lamb Shanks

### Ingredients

- pkts Maggi Roast Meat Gravy
- Small lamb shanks
- g Onion, finely chopped
- tsps Garlic Puree
- cup Red Wine
- cup Hot water
- tbsps Tomato Paste
- Can Can Tomatoes

### Instruction

1. Preheat oven to 160°C, place lamb shanks, onion and garlic in a casserole dish. Combine remaining ingredients and pour over lamb shanks.
2. Cover the casserole dish. Cook for 2½ to 3 hours or until the lamb is very tender. Stir once during cooking after about 1 hour.
3. Serve with mash and fresh green vegetables.

### Nutrition

Carbohydrates	22.39 g
Energy	388.42 kcal
Fats	15.91 g
Protein	32.31 g

197 Minutes

4 portions