



## Herb Marinated Braised Lamb Shanks

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons ground coriander
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1.5 teaspoons curry powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup olive oil extra virgin divided
- ☐ 2 lb lamb shanks

- ☐ 6 cups low-salt chicken broth
- ☐ 4 garlic cloves peeled smashed
- ☐ 2 carrots peeled cut into 2 inch segments
- ☐ 1 pound red-skinned new potatoes quartered
- ☐ 4 plum tomatoes halved lengthwise
- ☐ 2 small zucchini quartered
- ☐ 1 tablespoon all purpose flour
- ☐ 1 tablespoon tomato paste

## Equipment

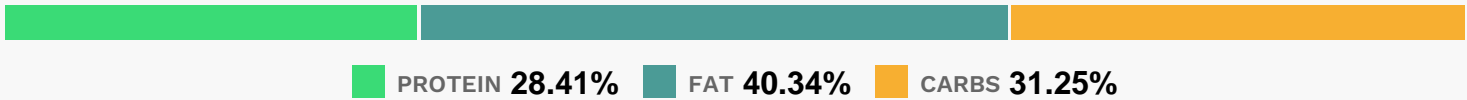
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ slotted spoon

## Directions

- ☐ Marinate lamb in herbs: Stir together in a small bowl the ground cumin, coriander, thyme, rosemary, curry powder, and salt.
- ☐ Mix in 1/4 cup olive oil.
- ☐ Place lamb shanks in large freezer bag.
- ☐ Add the spice oil to the bag. Rub spice oil all over shanks. Press the air out of the bag and seal the bag.
- ☐ Place in a dish to catch any leakage.
- ☐ Marinate 4 hours or overnight.
- ☐ Brown shanks on all sides: Preheat oven to 350°F.
- ☐ Heat 1 Tbsp olive oil in heavy large ovenproof pot over high heat.

- ☐ Remove lamb shanks from marinade bag and place in heated pan. Discard remaining marinade. Cook lamb shanks until brown on all sides, turning occasionally, about 10 minutes.
- ☐ Add stock and garlic; bring to boil, cover and transfer to oven. Cook 1 hour; remove from oven and turn lamb shanks over. Cover and continue cooking until lamb is tender, about 45 minutes longer.
- ☐ Remove lamb shanks to a plate: Once the lamb shanks have cooked until they are fall apart tender remove them to a plate and tent with foil to keep warm. When cool, remove meat from bones and cut into chunks.
- ☐ Cook vegetables in stew braising liquid: Bring liquid in pot to simmer over medium heat.
- ☐ Add carrots; simmer 10 minutes.
- ☐ Add potatoes to liquid and simmer 5 minutes longer.
- ☐ Add tomatoes and zucchini to liquid and simmer until vegetables are just tender, about 5 minutes.
- ☐ Remove vegetables from pan, skim fat from braising liquid: Using slotted spoon, transfer vegetables to platter with lamb. Spoon off fat from braising liquid, reserving 1 tablespoon.
- ☐ Make roux, thicken stew:
- ☐ Heat reserved fat in heavy large skillet over medium heat. (If there is no fat, heat 1 Tbsp olive oil instead.)
- ☐ Whisk in flour; stir 2 minutes.
- ☐ Whisk in tomato paste and 1 cup of the braising liquid.
- ☐ Add back into the pot with the rest of the braising liquid. Boil for a couple minutes until slightly thickened.
- ☐ Add back the vegetables and the lamb shanks.

## Nutrition Facts



## Properties

Glycemic Index:76.21, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:30.992173941239%

## Flavonoids

Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 426.8kcal (21.34%), Fat: 19.84g (30.53%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 29.1g (10.58%), Sugar: 7.04g (7.82%), Cholesterol: 64.16mg (21.39%), Sodium: 554.75mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.44g (62.87%), Vitamin A: 5916.86IU (118.34%), Vitamin B3: 12.41mg (62.04%), Zinc: 6.86mg (45.76%), Potassium: 1550.22mg (44.29%), Vitamin B12: 2.63µg (43.87%), Vitamin C: 35.7mg (43.28%), Phosphorus: 421.05mg (42.1%), Selenium: 24.75µg (35.36%), Vitamin B6: 0.64mg (32.08%), Iron: 5.44mg (30.2%), Manganese: 0.6mg (29.8%), Copper: 0.58mg (28.88%), Vitamin B2: 0.45mg (26.37%), Vitamin K: 24.19µg (23.04%), Magnesium: 87.8mg (21.95%), Fiber: 5.48g (21.93%), Vitamin E: 3.16mg (21.06%), Vitamin B1: 0.29mg (19.28%), Folate: 76.71µg (19.18%), Vitamin B5: 1.28mg (12.78%), Calcium: 95.7mg (9.57%)