



Sweet spiced lamb shanks with quince

 Gluten Free

READY IN



190 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 4 lamb shanks
- ☐ 1 large knob butter
- ☐ 2 large onions halved cut into wedges
- ☐ 4 garlic cloves crushed
- ☐ 4 strips lemon zest
- ☐ 2 tsp ground cinnamon
- ☐ 2 tsp ground coriander

- ☐ 1 tsp ground ginger
- ☐ 1 tsp ground cumin
- ☐ 1 tbsp tomato purée
- ☐ 1 tbsp clear honey
- ☐ 400 ml beef stock good
- ☐ 2 quinces cored peeled quartered

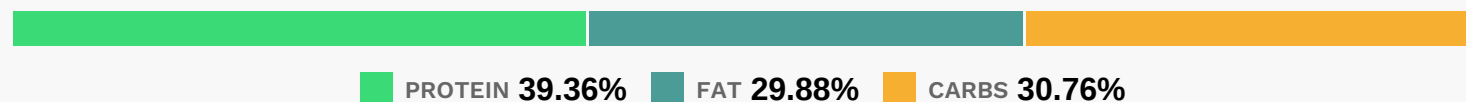
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat the oil in a large frying pan. Season the shanks, then brown in the oil for 10 mins, or until dark golden all over.
- ☐ Meanwhile, in a casserole dish or large pan, melt the butter. Soften the onions for 10 mins on a medium heat until they're turning golden, then add the garlic.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Add the strips of lemon zest and spices to the onion pan. Cook for 1 min, then stir in the tomato pure, honey, stock and half the lemon juice. Sit the shanks in the pan, then poke the quince quarters in and around the meat. (It might be quite a tight fit, but the meat will shrink as it cooks.) Bring to a simmer, then cover with a lid and braise in the oven for 2 hrs.
- ☐ Remove the lid and cook for 30 mins more. Spoon away any excess fat. The sauce will be fairly thin, so if you prefer a thicker stew, remove the lamb and quinces to a serving plate, then boil the cooking juices until thickened. Season, add the lemon juice and serve with the lamb.

Nutrition Facts



Properties

Glycemic Index:51.07, Glycemic Load:9.41, Inflammation Score:-7, Nutrition Score:27.668260926786%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 15.44mg, Quercetin: 15.44mg, Quercetin: 15.44mg, Quercetin: 15.44mg

Nutrients (% of daily need)

Calories: 429.28kcal (21.46%), Fat: 14.44g (22.22%), Saturated Fat: 5.47g (34.21%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 28.58g (10.39%), Sugar: 8.36g (9.29%), Cholesterol: 138.59mg (46.2%), Sodium: 391.26mg (17.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.79g (85.59%), Zinc: 11.5mg (76.65%), Vitamin B12: 4.53µg (75.49%), Selenium: 47.66µg (68.08%), Vitamin B3: 11.19mg (55.95%), Phosphorus: 432.97mg (43.3%), Vitamin B2: 0.53mg (31.3%), Vitamin C: 25.46mg (30.86%), Manganese: 0.61mg (30.64%), Iron: 5.37mg (29.85%), Potassium: 1024.14mg (29.26%), Vitamin B6: 0.56mg (27.85%), Copper: 0.47mg (23.55%), Magnesium: 78.34mg (19.58%), Fiber: 4.86g (19.44%), Vitamin B1: 0.29mg (19.25%), Vitamin B5: 1.55mg (15.49%), Folate: 61.37µg (15.34%), Calcium: 88.08mg (8.81%), Vitamin E: 1.22mg (8.16%), Vitamin A: 209.39IU (4.19%), Vitamin K: 3.5µg (3.33%)