



# LAMB SHANK

with Buttery Colcannon and Carrots



SPECIALITY INGREDIENT



## HELLO PARSLEY

*This plant is native to the Eastern Mediterranean area and related to celery.*



Potato



Lamb Shanks



Chantenay Carrot



Spring Onion



Flat Leaf Parsley



Redcurrant Jelly



Red Wine Stock Pot



Sliced Spring Greens



Unsalted Butter

Lamb shanks are an incredibly tender part of the leg and best enjoyed cooked low and slow. To save you time in the kitchen, our lamb shanks have been pre-cooked and only require an additional 20-25 minutes of cooking time. The juices from the lamb form the base of the sauce which, when added to redcurrant jelly forms makes a sweet and shiny glaze. Served with buttery colcannon (a traditional Irish dish of mashed potato and greens) and chantenay carrots, this delicious recipe is a real weeknight showstopper.

35 mins

2 of your  
5 a day

MEAL BAG

13

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans** (one with a **Lid**), a **Peeler**, **Colander** and **Potato Masher**. Now, let's get cooking!



### 1 BOIL THE POTATO

Bring a large saucepan of water with a pinch of salt to the boil. Peel the **potatoes** and chop into 3cm chunks. Pop into the saucepan and cook until tender 20 mins.   
★ **TIP:** The potato is cooked when you can easily slip a knife through.



### 2 START THE LAMB

Open the pack of **lamb shanks** and transfer the contents to another large saucepan. ★ **TIP:** Make sure you scrape out all the juice and jelly from the packet - it's your sauce! Prep the **chantenay carrots** by trimming off the green tops and add to the pan with the **lamb** (no need to peel!). Pop the pan onto medium heat and cover with a lid or foil. Leave to bubble for 15 mins.



### 3 PREP TIME

Trim the **spring onion** then thinly slice. Roughly chop the **parsley** (stalks and all). Keep to one side. Have a quick tidy up while everything bubbles away.



### 4 GLAZE THE LAMB

When the **lamb** has been bubbling away for 15 mins, remove the lid or foil and stir in the **redcurrant jelly** and **red wine stock pot** to dissolve them both. Bring back to the boil and, use a dessert spoon to baste the **lamb shanks** with the **sauce**. Simmer the **sauce** and repeat basting every 2 mins or so for 10-15 mins. The **sauce** will get stickier as it reduces, making the **lamb shanks** sticky and shiny! Increase the heat if the **sauce** doesn't thicken. ⚠ **IMPORTANT:** The lamb is cooked when it is no longer pink in the middle.



### 5 MAKE THE COLCANNON

When the **potato** has 4-5 mins left, add the **sliced spring greens** and submerge in the **water**. Cook for 5 mins and then drain a colander. Leave for 2 mins to allow the steam to subside then return to the pan. Mash with a potato masher and then beat in the **butter** and a splash of **milk** (if you have some). Season with **salt** and **pepper** to taste and stir in the **spring onion** and **half the parsley**. Get ready to serve!



### 6 SERVE

Spoon the **colcannon** into the centre of your plates and flatten with the back of your a spoon. Carefully place the **lamb shanks** on top and spoon the **sticky sauce** and **carrots** over the **lamb**. Finish with a sprinkling of remaining **parsley**. **Enjoy!**

## 2 4 PEOPLE INGREDIENTS

	2P	3P	4P
Potato ✳	1 small pack	1 large pack	2 small packs
Lamb Shanks 10) ✳	2	3	4
Chantenay Carrot ✳	1 pack	1½ packs	2 packs
Spring Onion ✳	1	2	3
Flat Leaf Parsley ✳	½ bunch	¾ bunch	1 bunch
Redcurrant Jelly	1 pot	1½ pots	2 pots
Red Wine Stock Pot 14)	½	¾	1
Sliced Spring Greens ✳	1 small bag	1 large bag	2 small bags
Unsalted Butter 7) ✳	30g	30g	60g

✳ Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 808G	PER 100G
Energy (KJ/kcal)	3255/ 778	403/ 96
Fat (g)	40	5
Sat. Fat (g)	20	2
Carbohydrate (g)	70	9
Sugars (g)	22	3
Protein (g)	36	5
Salt (g)	2.46	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

7) Milk 10) Celery

### PAIR THIS MEAL WITH

A full bodied red like a Rioja Reserva.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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