



Lamb Shank

with Buttery Colcannon and Carrots

Premium 35 Minutes • 1.5 of your 5 a day



Potatoes



Lamb Shank



Chantenay Carrot



Spring Onion



Flat Leaf Parsley



Redcurrant Jelly



Red Wine Stock



Spring Greens



Unsalted Butter

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Two Saucepans, Vegetable Peeler, Chopping Board, Sharp Knife, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Lamb Shank 10 **	2	3	4
Chantenay Carrot**	1 pack	1½ packs	2 packs
Spring Onion**	1	2	3
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Redcurrant Jelly	1 pot	1½ pots	2 pots
Red Wine Stock 14	½ sachet	¾ sachet	1 sachet
Spring Greens**	1 small bag	1 large bag	2 small bags
Unsalted Butter 7 **	30g	30g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	810g	100g
Energy (kJ/kcal)	3540/846	437/105
Fat (g)	47	6
Sat. Fat (g)	23	3
Carbohydrate (g)	64	8
Sugars (g)	21	3
Protein (g)	42	5
Salt (g)	1.87	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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Packed in the UK

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Start the Mash

Bring a large saucepan of **water** to the boil with a pinch of **salt** for the potatoes. Peel the **potatoes** and chop into 3cm chunks. Pop into the saucepan and cook until you can easily slip a knife through them, 20 mins.



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** 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 and make the **lamb shanks** sticky and shiny. Increase the heat if the sauce doesn't thicken. **IMPORTANT:** *Heat the lamb until it is piping hot throughout.*



Start the Lamb

Meanwhile, open the pack with the **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 (no need to peel) and add to the pan with the **lamb**. Pop the pan onto a medium heat and cover with a lid or foil. Leave to bubble away for 15 mins.



Finish the Colcannon

When the **potatoes** have 4-5 mins left, add the **spring greens** and submerge in the **water**. Cook for 5 mins and then drain into 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!



Finish the Prep

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



Serve

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

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.