AUSTRALIAN · DINNER

# Slow-Roasted Lamb Shanks with Cannellini Beans

205 min · Serves 4 · 585 kcal a serve · Video 5:49 · Coles

Gluten-free ingredients · Dairy-free · Nut-free

Slow-cooked lamb on beans and carrots: each serve gives about 45 g protein, rich in iron, zinc and vitamin B12, with fibre from the cannellini beans and vitamin A from the carrots.

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## Ingredients 15 · SERVES 4

- [ ] 4 **French-trimmed lamb shanks**
- [ ] 1 tbs **extra-virgin olive oil**
- [ ] 1 small **brown onion**, finely chopped
- [ ] 2 medium **carrots**, coarsely chopped
- [ ] 6 **garlic** cloves, crushed
- [ ] 4 **thyme** sprigs plus 1 tsp thyme leaves
- [ ] 1 tbs **tomato paste**
- [ ] ¾ cup **dry white wine**
- [ ] 2 cups **salt-reduced chicken stock** (it reduces as it braises)
- [ ] 14 oz can **cannellini beans**, rinsed and drained
- [ ] 1 cup **watercress** sprigs
- [ ] ½ **lemon**, zested
- [ ] **extra-virgin olive oil**, to drizzle (about 2 tsp)
- [ ] **salt** to season
- [ ] **pepper** to season

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Contains:** none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 300°F (275°F fan-forced). Pat the shanks dry, season, and brown them all over in the oil in a large heavy casserole for 8–10 minutes. Set aside. 0:20
2. Pour off all but 2 tsp fat. On medium heat cook the onion, carrots, garlic and thyme sprigs for 4 minutes, then stir in the tomato paste for 2 minutes until it darkens and starts to catch. 1:12
3. Pour in the wine, scraping up the base, add the stock and return the lamb. Bring to a simmer. 1:54
4. Cover and cook in the oven for 1¼ hours, turn the shanks and cook covered for 1 hour more, then uncover for 20 minutes until very tender. Rest the lamb under foil. 2:34
5. Skim the fat off the sauce and discard the thyme sprigs. Stir in the beans and thyme leaves and simmer 8–10 minutes until hot; season. 3:45
6. Spoon the beans onto a platter, add the lamb, top with watercress and lemon zest and drizzle with a little oil. 4:57

> **Tip** Serves 4 (as Curtis Stone says). Skimming the fat after braising keeps it lighter. No wine? Use extra salt-reduced stock. Leftover meat and beans freeze well.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 585 kcal | 46 g | 25 g | 5.7 g | 31 g | 840 mg |
| 2,450 kJ | 92% of a day | 20 g net · 4.3 g sugars | 21% of a day | 11 g saturated | 37% of a day |
| | | 9% of a day | | 40% of a day | |

**Energy from** net carbs 15% · protein 34% · fat 51% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Vitamin B12 162% · Selenium 75% · Zinc 70% · Omega-3 36% · Vitamin A 34% · Iron 33% · Vitamin B6 26% · Folate 25% · Potassium 24% · Magnesium 23% · Vitamin K 23%

**Source of** (10–19%) Vitamin E 14% · Calcium 10%

**Recipe and video:** Coles (@coles) on YouTube — youtube.com/watch?v=0VZ7gCuACUE, published 11 May 2022. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/slow-roasted-lamb-shanks-cannellini