



SHANK & VEGGIES IN OMANI SPICES

Nutrition Facts Per 100 Grams of Lamb: Calories 169, Protein 10g, Carbs 32g, Fat 6g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min, **Cooking Time:** 4 hours



INGREDIENTS

Marinated Lamb Shanks

Zucchini

Eggplant

Carrot

Rice (1 cup)

Rice Spices

Ghee

Salt for Rice

METHOD

Roast Lamb

1. Preheat oven to 180 C.
2. Take the marinated meat & veggies out from the plastic wrapping.
3. Place in a roasting pan or oven dish & seal well with baking sheet then foil.
4. Bake in the oven for 2 hours without removing the cover.
5. Remove cover & check, meat should be falling off the bone & veggies very tender, if not, cover and cook 20 minutes more or as needed.
6. When done, take out from oven, rest for 5 minutes, transfer carefully to serving dish & serve over or by the rice.

Rice

7. Wash the provided rice a few times until the water runs clear. Drain well.
8. Prepare measured boiling water.
9. Place a pot over medium heat, add ghee and when hot add whole spices and stir for a few seconds until fragrant.
10. Add rice, then add measured water & provided salt.
11. Increase heat to high, bring to boil, cover, reduce heat to lowest, simmer for 20 minutes or until all liquid is absorbed.
12. Remove from heat, rest 5 minutes then fluff out with a large fork to a serving dish.