



## Saffron Infused Lamb Shanks & Veggies

**Nutrition facts/100 grams of lamb** Calories 385, Protein 21g, Carbs 43g, Fat 14g

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

**Preparation Time:** 10 min, **Cooking Time:** 3hrs



## INGREDIENTS

Marinated Lamb Shanks (1+KG)

Potato

Carrots

Zucchini

Onion

Saffron

Ginger

Garlic

# METHOD

1. Preheat oven to 180 C.
2. Place All ingredients in a deep large oven proof dish. Make sure ingredients are well distributed. Cover with baking sheet and secure with 2 layers of foil paper until well-sealed.
3. Place in oven and bake for 2.5-3 hrs. Allow at least 2.5 hours before checking. Meat and veggies must be very tender and there should be some drippings left.
4. Remove from oven, rest for 10 minutes, then carefully transfer to serving dish with all drippings. Serve with cooked Basmati rice.

## **Steamed Plain Basmati Rice**

5. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
6. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
7. Place pot over high heat and add water (as per instructions on package) & salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
8. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.