

prep time 15min

cooking time 90min

serves 4



this recipe is free from gluten, dairy and sugar.

## ingredients

### shanks -

- 4 lamb shanks
- 1 brown onion, diced (can leave out for fodmap alternative)
- 1 cup celery, diced
- 1 cup carrot, diced
- 400g tinned tomatoes
- 2 tbsp beef bone broth
- 3 cups water
- 1 cup black olives, pitted and halved
- 2 sprigs rosemary
- 2 bay leaves
- 1 tsp cumin
- 1 tsp cinnamon
- salt
- black pepper
- 4 tbsp extra virgin olive oil (garlic and onion infused for extra flavour/ fodmap alternative to onion)

### potatoe puree -

- 800g white (or sweet potato)
- 2 tsp coconut oil (unflavoured)
- 1 tsp salt
- 1 tsp white pepper

### notes -

- Best served right out of the oven hot
- This will last for up to 3 days in the fridge
- You can increase the serving size by doubling the recipe

## method

1. preheat oven to 180 degrees fan forced.
2. in a large pot, heat 2 tbsp of olive oil over a medium to high heat.
3. while the oil is heating up, generously season the shanks with salt and pepper.
4. using tongs, place the shanks into the hot pot to 'seal' and brown the meat. this will take about 3-5 minutes per side. you may need to do this in batches to ensure you do not crowd the meat.
5. once all the meat is browned, remove from the pot and let sit, add in the remaining 2 tbsp of oil to the pot and heat.
6. add the onion, celery and carrot to the pot and cook until soft and the onion is translucent.
7. add the tin of tomatoes, bone broth and water to the pot. cook for a further 2 minutes.
8. then add the olives, rosemary, bay leaves, cumin and cinnamon. stir well and let the sauce come to a simmer.
9. add the shanks back into the pot. spoon some of the sauce over them to keep them moist whilst cooking.
10. place the lid on the pot and place in the oven and cook for 60-90 minutes so the meat is tender and falling off the bone.
11. in the meantime, bring a pot of water to the boil and place your potato in it. cook until very soft (you should be able to stick a fork straight through).
12. transfer to a high speed blender and add the oil, salt, pepper and 2 tbsp of the cooking water, blend until completely smooth.
13. once the meat is cooked, remove from the oven.
14. serve by spooning the puree onto the plate, place the shank on top and spoon the extra olive and rosemary sauce from the pot on top. garnish with fresh or dried parsley and enjoy!