

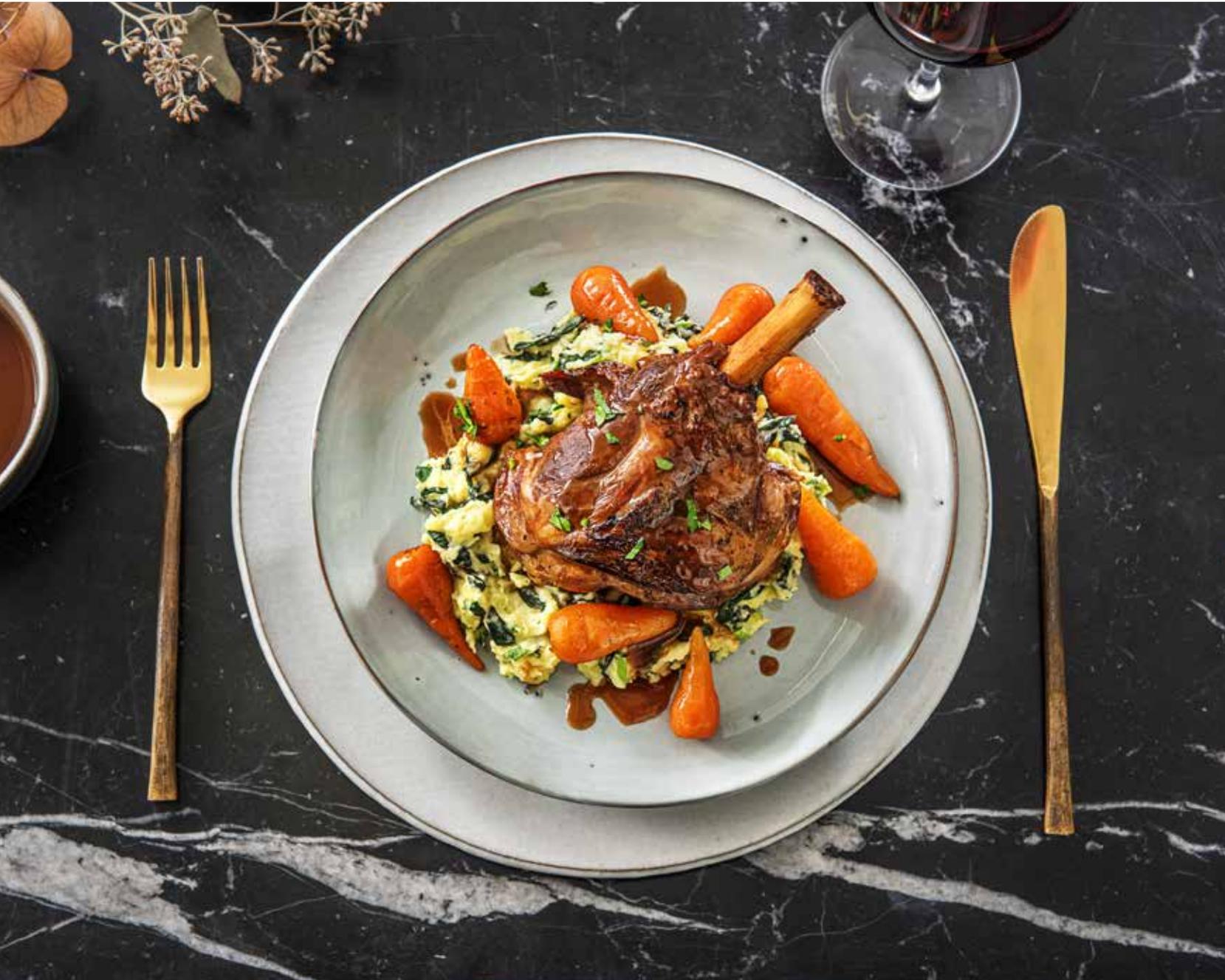


Lamb Shank

with Buttery Colcannon and Carrots

PREMIUM 35 Minutes

Nº 20



Potato



Lamb Shanks



Chantarray Carrot



Spring Onion



Flat Leaf Parsley



Redcurrant Jelly



Red Wine Stock Pot



Sliced Spring Greens



Butter

Before you start

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

Basic cooking tools you will need:

Two Large Saucepans, Colander and Potato Masher.

Ingredients

| | 2P | 3P | 4P |
|------------------------|--------------|--------------|---------------|
| Potato** | 1 small pack | 1 large pack | 2 small packs |
| Lamb Shanks 10)** | 2 | 3 | 4 |
| Chantanay Carrot** | 1 pack | 1½ packs | 2 packs |
| Spring Onion** | 1 | 2 | 3 |
| Flat Leaf Parsley** | ½ bunch | ¾ bunch | 1 bunch |
| Redcurrant Jelly | 1 pot | 1½ pots | 2 pots |
| Red Wine Stock Pot 14) | ½ pot | ¾ pot | 1 pot |
| Sliced Spring Greens** | 1 small bag | 1 large bag | 2 small bags |
| Butter 7)** | 30g | 30g | 60g |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 807g | 100g |
| Energy (kJ/kcal) | 3523 /842 | 436 /104 |
| Fat (g) | 47 | 6 |
| Sat. Fat (g) | 23 | 3 |
| Carbohydrate (g) | 63 | 8 |
| Sugars (g) | 20 | 3 |
| Protein (g) | 42 | 5 |
| Salt (g) | 1.92 | 0.24 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. 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.



4. 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 pot** 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. **raw meat. IMPORTANT:** The lamb is cooked when it is no longer pink in the middle.



2. 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 - its your sauce!* **IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat.* Prep the **chantenay carrots** by trimming off the green tops and add to the pan with the **lamb** (no need to peel!). Pop the pan onto a medium heat and cover with a lid or foil. Leave to bubble away for 15 mins.



5. Finish the Colcannon

When the **potatoes** have 4-5 mins left, add the **sliced 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!



3. Finish the Prep

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



6. 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!