

LAMB SHANK





INGREDIENTS

Big Al's Lamb Shank, 75g pre-cooked carrots, 1tbsp maple syrup, 3-4 stalks of pre-cooked tenderstem, 3-4 potatoes, 70g butter, salt & cracked black pepper to taste.

WHAT TO DO

1. **Cook Lamb Shank as per packaging instructions, reserving the red wine sauce**
2. **For the carrots: pre-heat a pan and add a dash of oil. Cook carrots until they gain colour. To finish, add maple syrup and toss in the pan for 30 seconds.**
3. **For the tenderstem: pre-heat pan until it smokes, add broccoli and shake continuously until it begins to char.**
4. **For mash: boil potatoes until soft, discard the water and place back on the stove to allow extra moisture to evaporate. Take off the heat and add butter. Mash and season to taste.**
5. **To serve: place Lamb Shank on a warm plate, add a large scoop of mash, 3 large batons of carrots, 2-3 pieces of tenderstem, and finish with the reserved red wine sauce.**