



Slow-Cooked Red Wine & Rosemary Lamb Shanks

Ingredients

- 1 tbsp Olive oil
- 4 Small lamb shanks
- 1 pkt Maggi Brown Onion Gravy
- 1 cup Red Wine
- 1 tbsp Honey
- 1 tsp Fresh Rosemary

Instruction

1. Heat oil in a large frying pan and brown the lamb shanks in batches. Remove from pan with tongs.
2. Combine remaining ingredients. Add to the slow cooker bowl with the lamb shanks. Cook on low for 8 hours.
3. Serve with mash and steamed greens of your choice.

Nutrition

Carbohydrates	10.67 g
Energy	349.5 kcal
Fats	17.99 g
Protein	29.92 g
Sugars	6.2 g

486 Minutes

4 portions