



Low FODMAP Braised Lamb Shanks

Serves: 4

Prep: 10 minutes

Cook: 2 hours 40 minutes



Stack Cup

Ingredients	Metric	Imperial
4 trimmed lambs shanks	1394 g	49.2 oz
Olive oil spray		
Beef stock or Massel's Monash FODMAP certified beef stock. (Some extra might be required so the lamb shanks are almost covered prior to braising).	750 g	26.5 oz
1 cup dry red wine	257 g	9.1 oz
4 Tbsp tomato paste	100 g	3.5 oz
3½ Tbsp olive oil and garlic-infused oil	47 g	1.7 oz
3 large carrots, top, tailed, scrubbed, coarsely diced	475 g	16.8 oz
3 medium parsnips, top, tailed, peeled, coarsely diced	284 g	10 oz
1 large eggplant, topped, coarsely diced	335 g	11.8 oz
8 sprigs rosemary leaves	8 g	0.3 oz
1 tsp salt, to taste	5 g	0.17 oz
1 tsp cracked black pepper, to taste	3 g	0.1 oz

Method

1. Preheat oven to 220°C, line a baking tray with non-stick paper, lightly spray the shanks with olive oil and roast for 30 minutes. Discard the fat.
2. In a saucepan over a high heat, sauté the vegetables and rosemary in the olive oil and garlic oils for about 10 minutes or until lightly browned. Add the wine, stock and seasoning (to taste) and bring to the boil.
3. Place the shanks in a single layer in an oven proof dish with a lid (Dutch Oven) or a deep baking tray. Add the vegetables, stock and wine (if required, top up with extra stock until the shanks are almost covered).
4. Cover very tightly with non-stick paper and a double layer of aluminum foil (or a tightly fitting lid) and braise at 160°C for 2 hours.

Hints

- Try other seasonal low FODMAP vegetables e.g. Kohlrabi, swedes (rutabagas) or celeriac.

Serving suggestions

- Serve with mashed potato or freshly cooked low FODMAP greens.

Nutrition Information (per serve)	
Energy	2251 Kj / 538 cal
Protein	34.20g
Carbohydrates	28.60g
Sugar	14.40g
Total Fat	31.20g
Saturated Fat	8.60g
Fibre	10.80g