



## AB's Honey mustard shanks

Perfect for those cooler days

PREP TIME: 20 MIN

COOK TIME: 3 HOURS 15 MINS

### INGREDIENTS

- 1 tablespoon olive oil
- 20g butter
- 4 lamb shanks
- 1/2 cup seasoned flour
- 2 red onions finely chopped
- 2 carrots chopped
- 2 garlic cloves finely chopped
- 1/3 cup Rainforest honey
- 2 tablespoons seeded mustard
- 4 sprigs of thyme
- 1/2 cup white wine
- 3 cups water
- lemon juice to taste



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### DIRECTIONS

1. Heat oil and butter together in a large flameproof casserole dish on high. Dust lamb shanks in flour, shaking off excess. Cook 6-8 minutes turning on all sides, until well browned. Transfer to a plate
  2. Add onion and carrot to the same dish and cook 2-3 minutes stirring often. Add garlic and cook 1 minute until fragrant. Stir in honey, mustard and thyme. Cook a further 1 minute. Stir in wine to deglaze.
  3. Pour in enough water to just cover shanks. Bring to the boil and reduce heat to low. Simmer partially covered for 3 hours until the lamb falls away from the bone easily.
- Add lemon juice to taste. Serve with mash and green beans

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