

# Slow-cooked lamb shanks with lemony gremolata

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Lamb shanks are delicious when slow cooked. We love them because you can dump them in the crock pot in the morning, press 'play' and they'll be ready in time for dinner. Enjoy them with some steamed greens and shred any leftover meat over cooked vegies for lunch the next day.

### Ingredients (Serves 6-8)

- 4-6 [lamb](#) shanks (approximately 1.5kg)
- 1 large brown onion, chopped
- 2 large carrots, chopped into 2 cm chunks
- 3 stalks celery, chopped into 2 cm chunks (reserve the leaves, chopped)
- 600g baby new potatoes, halved
- 2 cloves garlic, crushed
- 1 cup chicken stock or store-bought chicken stock
- Dash of apple cider vinegar
- 1 bay leaf
- 1 tsp fresh or dried thyme
- 1 tsp ground cinnamon

### Lemony Gremolata

- $\frac{3}{4}$  bunch fresh flat leaf parsley, very finely chopped

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- 6–8 cloves garlic, very finely chopped
- Grated zest and juice of 2 lemons, or 2 tbsp chopped preserved lemon
- ¼ cup extra virgin olive oil
- 1 tsp sea salt

### In The Morning:

Place onion, carrot, celery and potatoes in the slow cooker. Arrange the shanks on top then add the remaining ingredients (except the celery leaves and broccolini) over the lot. Stir a little (no need to mix completely). Put on the lid then cook for eight hours on low or four hours on high.

### Before Serving:

In the final 20 minutes, add the celery leaves. Steam the broccolini to serve. Make the Lemony Gremolata by combining all ingredients in a jar and shaking vigorously.

Once you're ready to serve, remove the shanks and pull the meat from the bones. Serve with the Lemony Gremolata.

Suggested sides: Steamed greens (broccolini works really well) and sweet potato mash.

**Preparation time:** 10 minutes

**Cooking Time:** 8 hours on low/ 4 hours on high

For more great slow-cooker meals, check out Sarah Wilson's [I Quit Sugar Slow Cooker Cookbook](#), available now.

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