



Spiced Lamb Shanks

2 tablespoons cooking oil

4 large lamb shanks

1 teaspoon flour

1 large oven bag

425g jar [Urban Appetite Tomato and Sweet Tandoori Sauté Sauce](#)

Preheat the oven to 180C°. Heat a large heavy based frying-pan with the cooking oil. Sear

the shanks well on all sides until browned nicely. Drain shanks on paper towels to remove

any excess grease. Tip the flour into the oven bag and shake until the sides are well covered.

Place the shanks inside the bag and pour over the Urban Appetite Tomato and Sweet Tandoori Sauté Sauce. Tie the bag to secure it.

Move the shanks around inside the bag to coats well with the sauce. Place the bag in a large oven-proof dish. Bake for 1¼ hours until the meat pulls easily away the bone.

Remove the shanks and sauce from the bag by pouring it into the oven dish being careful to avoid any steam. Serve hot with creamy mashed potatoes on the side.

