

# Lamb Shank & Eggplant Curry

Holy moly this was awesome and the beauty of these slow cooked meat dishes.....set & forget. I had these babies in the oven and prepped in 30 minutes, went for a walk to the beach for a swim, came back and sat with a glass of wine in hand and had a lovely chat to my Hubby as he watered the garden. All this while they were slowly bubbling away and infusing with an array of spices, coconut and lime. Stunning!

Prep time: 30 Minutes  
Low Budget

Cooking time : 2.5 Hours

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Serves 4

Olive oil for frying

4 x lamb shanks, seasoned with salt and pepper

2 cloves of garlic, finely chopped

2.5cm piece of ginger, grated

2 brown onions, sliced top to bottom

1/2 tsp of chilli flakes

1/2 tsp of chilli powder

2 tsp of ground cumin

1 tsp of cumin seeds

2 tsp of ground coriander

1 tsp of turmeric

1 tsp of paprika

1/2 tsp of ground cinnamon

1 tsp of garam masala

1 cup of chicken stock

1 x 400gm tin of tomatoes

1 x 400ml tin of coconut cream

Juice of 1 lime

1 tbs of honey

1 medium eggplant, chopped into chunks

1 bag of baby spinach

1 cup of chopped coriander leaves

Sea salt and pepper

Steamed rice, greek yoghurt, coriander sprigs and lime wedges to serve

Heat a large, heavy based pan or casserole dish, add a little oil and brown the seasoned lamb shanks on all sides. Remove and set aside on a plate. In the same pan lightly fry the onion until soft and then add the garlic and ginger, fry for a further minute or until fragrant. Pop in the cumin, cumin seeds, coriander, chilli flakes, chilli powder, turmeric, paprika and cinnamon. Stir fry for a minute and then pour in the stock, tomatoes and coconut cream. Mix well to combine and bring to a simmer before seasoning with the lime juice, honey and salt and pepper.

Return the shanks to the pan, spoon over the sauce and cover with a piece of baking paper and a tight fitting lid. Return to the boil and reduce the heat to low. Cook for approximately 2 hours, stirring occasionally.

After 2 hours of simmering, remove the baking paper and lid and allow the sauce to reduce for 30 minutes. Heat another fry pan, add a little olive oil and fry the eggplant chunks until golden. I find this helps to keep its shape in the sauce. Once golden add to the curry and stir gently to combine. Lastly add the baby spinach, coriander leaves and sprinkle over the garam masala. Once the spinach has wilted stir to combine but be careful not to pull the meat off the shanks.

To serve, place a couple of tablespoons of steamed rice on four serving plates. Top with the shanks, spoon over the sauce and dollop on a spoonful of yoghurt. Garnish with a sprig of coriander and lime wedges.