



MOUNT  
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LIVES

## Lamb Shanks on Lentils

4 lamb shanks (frenched)  
400g whole peeled tomatoes  
2 cups beef stock  
1 tbsp brown sugar  
1 tbsp dried oregano  
1 cup Mount Zero French Green Lentils.

Preheat oven to 200°C. Stir in tomatoes, stock, sugar, oregano and lentils in a large ovenproof casserole. Place the lamb shanks in the mixture and bake for 1-1 ½ hours. Turn shanks at about 45 minutes. Spoon lentils and shanks onto serving plates with juices.

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