



PREP TIME : 15 MIN

COOK TIME : 03 H

SERVES : 4

Ingredients :

- **1 tbsp (15 mL) vegetable oil**
- **4 lamb shanks (about 3 lb/1.5 kg total)**
- **1 can (540 mL) Aylmer Accents[®] Petit Cut Tomatoes with Garlic and Olive Oil**
- **1 jar (355 mL) VH[®] Sweet & Spicy Szechwan**
- **1 cup (250 mL) water**
- **4 cups (1 L) fresh spinach**

Directions :

- 1. Preheat oven to 350°F (180°C). In a large Dutch oven heat oil over medium, then brown lamb shanks on all sides, about 15 minutes total. Browning creates more flavour.**
- 2. Add Aylmer Accents[®] Petit Cut Tomatoes with Garlic and Olive Oil, VH[®] Sweet & Spicy Szechwan Sauce and 1 cup (250 mL) water. Bring to a boil, cover and place in oven for 2 ½ - 3 hrs, or until very tender. (If desired, reduce fat by skimming excess oil from top of sauce once finished.)**
- 3. Add spinach and stir until wilted, about 1 minute.**

Tip:

Serve with rice, mashed or roasted potatoes.



Braised Lamb Shanks with Spinach