



Penang Lamb Shanks

Made with Life's Good Red Curry Paste

- 1/2 cup unsalted peanuts
- 2 tbsp tomato paste
- 3 tbsp Life's Good Red Curry Paste
- 4 lamb shanks
- 1.5 cups beef or vegetable stock
- 400 ml can coconut milk or coconut cream
- 2 cups total of chopped carrots, pumpkin & green beans
- Thai basil for garnish

Lightly toast peanuts in hot dry wok until golden brown then crush to very fine in food processor or mortar & pestle. Set aside. Fry Life's Good Red Curry Paste & Tomato Paste in moderately hot wok for 2 – 5 mins until paste begins to stick to wok. Add Lamb Shanks & Peanuts & turn until Shanks are coated in paste. Then add stock & simmer 45 mins.

Following this stage you may need to add a little extra stock or water if shanks have absorbed most of the liquid. Add Pumpkin & Coconut Milk & simmer on low heat for another 30 to 45 mins until shanks are tender & juicy. This dish is best if allowed to simmer for as long as possible to allow peanuts to incorporate into sauce & shanks to become mouth-watering. 15 mins prior to serving add carrots & beans.

Serve with rice & garnish with Thai Basil. Serves 4.

Enjoy!

