



Roasted Lamb Shanks With Coconut-Glazed Root Vegetables



INSTRUCTIONS

Steps For Root Vegetables:

- Slice sweet potato & plantain thinly.
- Coat w/ melted coconut oil.
- Place onto a baking sheet.
- Add salt (for taste).
- Roast at 350°F for 25-30 minutes or until product golden in color and slightly crispy.
- Remove from oven, allow to cool for 5-10 minutes, and serve.

Steps For Lamb Shanks:

- Roughly chop cabbage, onion, and place into a bowl.
- Add a small amount of olive oil, salt, and black pepper and mix.
- Line bottom of a roasting dish with vegetables.
- Grab lamb shanks and brush with olive oil.
- Season w/ salt, pepper, turmeric powder, chili powder, cayenne, and cumin.
- Roast in the oven at 325°F for 40min or until internal temp at least 160°F.

SHOPPING LIST

Ingredients For Lamb:

- 2 Grass-fed lamb shanks
- 3 white onions (diced)
- 1 head of cabbage
- Dry Seasoning: Turmeric, Garlic, Cumin, Chile powder, Cayenne, Black pepper

Ingredients For Root Vegetables:

- 1 large purple (or orange) Sweet potato (thinly sliced)
- 2 small yellow (or black) plantains (thinly sliced)
- Virgin Coconut oil
- Salt (for taste)