

## Slow Cooker Persian-Spiced Lamb Shanks

### Ingredients:

4 Lamb shanks

1 tablespoon advieh

(Cinnamon, nutmeg, cardamom, dried rosebuds)

1 teaspoon ground black pepper

1 teaspoon turmeric

Canola oil

1 large onion, roughly chopped

2-3 cloves of garlic, peeled and crushed

Juice of two limes, about 4 tablespoons

Zest of 1 orange (reserve tablespoon for garnish)

A few sprigs of thyme

2 bay leaves

3 cups chicken broth

2 tablespoons parsley, chopped, for garnish

2 tablespoons mint, chopped, for garnish

### Method:

Season lamb shanks generously with salt. Sprinkle advieh evenly over the shanks and rub into the meat; let sit for an hour or refrigerate overnight.

Heat oil in large frying pan and brown the meat on all sides, about 5 minutes. Place in slow cooker. Add onions and garlic.

Combine turmeric, lime juice, orange zest, and broth in bowl, mix well and pour over meat.

Add bay leaves and a few sprigs of thyme.

Set slow cooker to HIGH and cook for 6 hours, or LOW for 9 hours. Discard bay leaves and thyme. Adjust salt. Serve in bowls over basmati rice. Garnish with orange zest, chopped parsley and mint.