

# Mediterranean Lamb Shanks with Israeli Couscous Salad

Yield: 6 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mediterranean-israeli-couscous-recipe>

## Ingredients:

- 6 lamb shanks about 1 lb., 500 g each, trimmed of most fat
- salt
- Salt and freshly ground pepper freshly
- 2 tablespoons olive oil
- 1 yellow onion large, finely chopped
- 2 cinnamon sticks
- 6 whole cloves
- 10 allspice berries
- 1/4 cup brandy 2 fl. oz./60 ml
- 15 ounces tomatoes diced drained
- 1/2 cup beef broth 4 fl. oz./125 ml
- 2 tablespoons mint leaves fresh coarsely chopped
- 1/4 cup pomegranate seeds
- 1 teaspoon Dijon mustard
- 3 tablespoons red wine vinegar
- salt
- Salt and freshly ground pepper freshly
- 1/4 cup extra-virgin olive oil 2 fl. oz./60 ml
- 1 tablespoon chopped fresh mint finely chopped fresh
- 1 tablespoon canola oil
- 1 yellow onion small finely chopped
- 1 1/2 cups Israeli couscous
- 2 cups chicken broth 16 fl. oz./500 ml
- salt
- Salt and freshly ground pepper freshly

## Nutrition:

1. Calories: 1190 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 285 milligrams
4. Fat: 69 grams
5. Fiber: 6 grams
6. Protein: 85 grams
7. SaturatedFat: 26 grams
8. Sodium: 780 milligrams
9. Sugar: 5 grams

---

Thank you for visiting our website. Hope you enjoy Mediterranean Lamb Shanks with Israeli Couscous Salad above. You can see more 15 mediterranean israeli couscous recipe Deliciousness awaits you! to get more great cooking ideas.