

lamb rack

prep time 10min

cooking time 25min

serves 4



ingredients

- 1 rack of certified organic, grass-fed lamb
- 1/2 tsp salt
- 2-3 tbs olive oil
- 1/2 cup almond meal
- 2 tbs fresh mint
- 2 tbs fresh rosemary
- 1/2 cup fresh parsley
- 2 tbs seeded mustard

method

1. pre heat your oven to 220c.
2. heat a large frying pan and gently seal all sides of your lamb rack for a few minutes then remove.
3. in a food processor or blender add all remaining ingredients and blend to a paste.
4. take the paste and press gently in to the top of the lamb rack to form an even layer of crust.
5. bake for 20-25 mins then cover and allow to rest for 15 mins before slicing and serve.



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