

Herb Crusted Rack of Lamb (Dairy Free)

- Serves 2

Ingredients

- 1 rack of lamb, chined, trimmed and skinned
- 50g fresh white breadcrumbs (use gluten free bread if you would like to make it gluten free)
- 1 small bunch parsley, roughly chopped
- 1 small bunch mint, leaves roughly chopped
- 1 small bunch chives, roughly chopped
- 2 sprigs rosemary, leaves removed
- 1 sprig thyme, leaves removed
- 2 tbsp olive oil, plus extra for frying
- 30g Dijon Mustard

Method

1. Preheat the oven to 200c hot air (or 200c + 60% humidity).
2. Heat some oil in a large pan and season the lamb with salt. Once the oil is hot sear the meat on the rounded, skinned side for 3-4 minutes until the meat is golden brown. Remove from the lamb rack from the pan and allow to cool.
3. In the meantime, blitz the breadcrumbs in a food processor together with the herbs and olive oil, until the breadcrumbs are green and the herbs are finely chopped.
4. Once the lamb is cool enough to handle, brush the seared side generously with Dijon mustard. Spread the breadcrumb mixture onto a tray or board and press the mustard covered lamb into the breadcrumbs ensuring they cover the lamb rack evenly.
5. Transfer the herb crusted rack of lamb onto a baking tray and roast in the preheated oven for 15 minutes for 7 bone rack of lamb (less for a smaller one). This will give pink, medium cooked lamb.
6. Leave to rest for 10 minutes before carving and serve immediately.

