



LAMB RACK WITH FETA CRUST AND MINT SAUCE

Serves 4 – Prep: 20 min – Marinating 30min – Oven: 17min

2 x 8-bone rack of lamb, French trimmed (300g each)
1 tsp thyme
2 tbsp olive oil + extra for frying
zest of ½ lemon
2 garlic cloves, crushed

For the crust:

1 slice of toast or stale bread (40g)
zest of ½ lemon^[SEP]
1 tbsp fresh mint, chopped
100g feta cheese, crumbled
2 tbsp olive oil
pepper

For the mint sauce:

4 tbsp fresh mint, chopped
1 tsp sugar^[SEP]
a pinch salt^[SEP]
1 tbsp boiling water
3 tbsp white wine vinegar

Start by marinating the lamb. Mix the thyme, olive oil, lemon and garlic in a little bowl. Put the lamb racks into a non-metallic dish and rub the marinade all over.

Leave to marinate at room temperature for 30 minutes.

Meanwhile, prepare the mint sauce: combine all the ingredients in a little bowl and set aside.

Preheat the oven to 200°C fan.

Season the lamb with salt and pepper. Heat a frying pan with 1 tbsp of olive oil and brown the rack on each side for 1 minute. Put into a roasting tin and prepare the crust.

Toast the bread, leave to cool for a few minutes, then whizz into breadcrumbs. In a bowl, combine the breadcrumbs with the remaining crust ingredients. Press the crust onto the meatier side of the lamb rack, so that it sticks.

Roast the lamb in the preheated oven for 17 minutes. Cut through the middle to check if it's done to your preference, if not, put it back in the oven for a few minutes.

When done, take out of the oven and let the meat rest for ¹⁵~~10~~ minutes before cutting into portions, loosely covering it in foil to keep it warm.

Serve with thyme roast potatoes and peas or a fresh salad.

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