



Lemon and Garlic Lamb Rack

SERVES 4

INGREDIENTS

- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 1 tablespoon freshly chopped rosemary
- 1 French lamb rack – 8 cutlets (females 2-3 cutlets)
- 1½ French lamb rack – 12 cutlets (males 3-4 cutlets)
- 2 lemons, cut into wedges
- 1 red onion, cut into wedges
- 500g green beans, trimmed
- 2 teaspoons seeded mustard
- 1 tablespoon white wine vinegar

METHOD

1. Preheat oven to 180°C. Combine lemon juice, oil, garlic and chopped rosemary to form a paste. Pour the paste over the lamb rack and leave to marinate for at least 1 hour.
2. Place lemon wedges, onion and some extra rosemary sprigs in the bottom of a baking dish and place lamb rack on top making sure to add any extra marinade from the dish. Bake in a hot oven for 35-40 minutes.
3. Steam beans until tender and combine in a stainless-steel bowl with mustard and white wine vinegar and toss until beans are well coated. Serve cutlets with the bean salad.

