



Lamb Rack with Parsley Crust & Vegetable Stew

SERVES 4

INGREDIENTS

Olive oil spray
480g French trimmed racks of lamb, cut into portions
1/3 cup chopped flat leaf parsley
1 tbs grated lemon rind
3 garlic cloves, crushed
2 tbs Dijon mustard
Salt and pepper, to season

Vegetable Stew

1 bunch silverbeet (Swiss Chard), washed and trimmed, stems and leaves chopped separately
2 stalks celery, thinly sliced
1 small onion, finely sliced
2 garlic cloves, crushed
400g tin chopped tomatoes
2 tbs tomato paste

METHOD

1. Preheat oven to 200°C.
2. Spray a large frying pan with oil and add the silverbeet stems, celery, onion and garlic. Cook, stirring for 10 minutes or until the onion is softened. Add the remaining ingredients with half a cup of water. Bring to the boil then reduce heat, cover and simmer for 25 minutes or until the vegetables are cooked. If necessary remove the lid to reduce the liquid.
3. Spray the lamb racks with olive oil. Heat a non-stick fry pan over a high heat and sear lamb on all sides. Remove from the pan and place in a baking tin. Combine the parsley, lemon rind, garlic, salt and pepper in a bowl. Spread the mustard over the top of the racks and press the parsley mixture onto it.
4. Roast for 20 minutes or until cooked to your liking.
5. Serve with the vegetable stew.

