

Herbed roast rack of lamb



Serves 4
Time: 35 minutes plus resting time
Cost: £2.00 - £2.50 a head

Ingredients

30g coarse, fresh breadcrumbs
1 tbsp pine nuts, roughly chopped
3 anchovies in oil, drained and finely chopped
1 tbsp finely chopped thyme
1 tbsp finely chopped sage
1 tbsp finely chopped rosemary
1 tbsp finely chopped mint
Salt and freshly ground pepper
8-rib rack of lamb (2 chops per person)

Method

1. Preheat the oven to 190°C, gas mark 5.
2. To prepare the coating, mix the breadcrumbs, pine nuts, anchovies and herbs. Season. Place the lamb in a roasting tin, ribs down, and press the crumb coating all over the layer of fat.
3. Roast for about 25 minutes (for slightly rare meat), then leave to rest for 5-10 minutes before cutting into individual portions and serving.
4. Serve with lightly cooked baby vegetables, tossed in butter and fresh mint, and roasted new potatoes.

