



## Pistachio-Rosemary-Panko Crusted Lamb Rack

Serves: 1

Prep time: 10 Minutes

Cooking time: 40 Minutes

### Ingredients:

- 1 (3-4 boned) lamb rack
- 3 teaspoons Dijon mustard
- ½ tablespoon butter
- 1 teaspoon oil

### Crumb coating:

- 1 tablespoon chopped fresh rosemary
- ½ tablespoon chopped fresh thyme
- 2 tablespoons chopped Pistachios
- 1 tablespoon Panko breadcrumbs



*Tender-juicy-crunchy lamb is always a winner. **Enjoy!***

### Method:

#### Preheat oven 180°C

- Combine the Crumb ingredients in a small bowl
- Heat a frying pan over medium-high heat
- Add butter and oil and stir until butter melts
- Add the lamb rack and sear the rack all over
- Remove from heat
- Spread the mustard over the top of the rack
- Carefully place the crumbs over the mustard and press down slightly for crumbs to hold
- Place the lamb into a baking dish and place into the **preheated** oven and roast until cooked to your liking (30-35 minutes)
- Remove from oven and rest for 10 minutes
- **Serve and Enjoy!**