

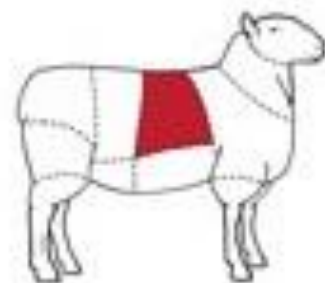


Herb crusted rack of lamb with pomegranate



Serves 2-3
Prep time: 10 mins
Cooking time: 15 mins
Total time: 25 mins

Use the French trimmed rack of lamb. This is also called best-end of lamb.



This is a perfect show-off meal with this restaurant –style cut of meat but it's actually really quick and easy to prepare. Perfect for a romantic meal for two. Pomegranate molasses is available in most large supermarkets. If you don't have any pomegranate molasses you can substitute French mustard.

INSTRUCTIONS

1. Heat the oven to 200c / 180C fan.
2. Whizz the breadcrumbs, parsley, rosemary and garlic together in a food processor with 1 tbsp oil.
3. Heat 1 tbsp oil in an oven proof frying pan. Season well and brown all the rack of lamb on all sides.
4. Turn the racks so they are fat side up and brush liberally with the pomegranate molasses. Pack over the herb crust.
5. Drizzle with a little oil and roast until the crust is golden and the lamb is cooked.

-25 minutes for medium rare
-30 minutes for medium
-35 minutes for well done
6. Leave to rest for then serve sprinkled with fresh pomegranate.

INGREDIENTS

50gr breadcrumbs
1 tbsp fresh flat leaf parsley
1 tbsp fresh rosemary
1 garlic clove , peeled and chopped
1 tbsp pomegranate molasses
320 g rack of lamb
Pomegranate to serve.