

Roast Rack of Lamb with a Parmesan & Parsley Crust



Serves 4 Prep 15 mins

Cooking 25 - 30 mins

Easy

Ingredients

100g fresh breadcrumbs
a large handful of parsley
50g freshly grated parmesan
1 tbsp olive oil
1 tbsp mustard
2 racks of lamb
salt and pepper
1 egg, beaten

Prepare ahead:

1. Place the breadcrumbs and parsley in the bowl of a food processor and whizz to retain a coarse texture. Add the Parmesan and olive oil.
2. Beat the egg with the mustard, and season. Dip the lamb in the beaten egg and press firmly into the crumb mixture. Preheat the oven to 200c.Fan 180C/ Gas 6.
3. Arrange the lamb in a suitable roasting tin and bake in the oven for 25-30 mins, until the crust is golden brown and the lamb has a pink blush next to the bone.
4. To Finish: rest the lamb for 15 mins, covered with foil, before carving into chops between the bones.