

Herb-crusted Lamb Cutlets

Serves: 4

- *Preparation time: 15 minutes*
- *Cooking time: 30 minutes*

Ingredients

4 frenched Lamb cutlet racks (3 cutlets in each)
¼ cup fresh wholemeal breadcrumbs
1 tbsp fresh rosemary leaves, finely chopped
1 tbsp flat-leaf parsley, finely chopped
2 tsp fresh thyme leaves, finely chopped
3 cloves garlic, crushed
3 tsp pesto
roasted vegetables like red onion wedges,
zucchini and sweet potato to serve



Method

- 1 Preheat the oven to 200°C. Place lamb in a roasting dish. Combine the breadcrumbs, herbs, garlic and pesto in a bowl, mix well. Press the breadcrumb mixture evenly over lamb racks.
2. Roast lamb uncovered for 10 minutes. Reduce oven temperature to 160°C and cook for a further 15-20 minutes (medium rare) or cook until lamb is cooked as desired.
3. Remove lamb, cover loosely, and rest for 5 minutes before cutting the racks into cutlets.

Serve lamb with roasted vegetables including red onion wedges, zucchini and sweet potato.

Tips

Suggested roasting times for Rack of lamb, four rib roast, crown roast: Cook at 200°C. Rare 20-25 min total regardless of weight, Medium 30-35 min total regardless of weight, Well done 40-45 min total regardless of weight.

Tip: Roasts need to rest for about 10 to 20 minutes before carving.

This gives the juices in the meat a chance to redistribute, giving a moister and more tender result.

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