



FETA-CRUSTED RACK OF LAMB WITH MINT SAUCE

Serves 4

8-bone rack of lamb, French trimmed
1 tsp thyme
1 tbsp olive oil
zest of 1/2 lemon
2 garlic cloves, crushed

For the crust:

25g breadcrumbs
zest of 1/2 lemon
1 tbsp chopped fresh parsley
60g feta cheese, crumbled

For the mint sauce:

4 tbsp finely chopped fresh mint
1 tsp sugar
a pinch salt
1 tbsp boiling water
3 tbsp white wine vinegar

1. Start by marinating the lamb. Mix the thyme, olive oil, lemon and garlic in a little bowl. Put the lamb rack into a non-metallic dish and rub the marinade all over.
2. Cover with cling film and leave to marinate in the fridge for at least 30 minutes or up to 24. The lamb needs to be cooked from room temperature, so if you're cooking within one hour after having added the marinade, leave the lamb out of the fridge.
3. Prepare the mint sauce: combine all the ingredients and leave to rest for at least 30 minutes, so that all the flavours combine nicely.
4. When you're ready to cook the lamb, preheat the oven to 200°C. Season the lamb with salt and pepper. Heat a frying pan and brown the rack well on the meaty side for about 1 minute, then turn and brown the fatty side for a further minute. Put into a roasting tin and prepare the crust.
5. Combine all the crust ingredients in a bowl, and press onto the fatty side of the meat so that it sticks. Roast the lamb for 30-35 minutes. Cut through the middle to check if it's done to your preference, if not, put it back in the oven for a few minutes. When done, take out of the oven and let the meat rest for 10 minutes, loosely covering it in foil to keep it warm.