



## Mint-Crusted Rack of Lamb

READY IN



50 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup bread crumbs plain
- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 cup mint leaves fresh
- ☐ 2 cloves garlic sliced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 teaspoons honey
- ☐ 2.5 pound lamb loins racks of trimmed

- ☐ 2 tablespoons olive oil
- ☐ 1.5 tablespoons parmigiano-reggiano cheese finely grated
- ☐ 2 teaspoons rice vinegar
- ☐ 1 pinch salt and pepper black freshly ground to taste
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon vegetable oil

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil

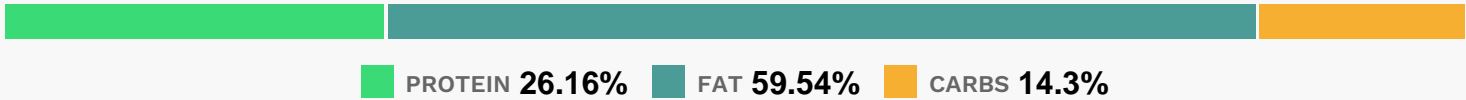
## Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Line a baking sheet with foil.
- ☐ Cook mint leaves in a pot of boiling water for about 10 seconds.
- ☐ Transfer mint leaves to a bowl of ice water; soak for 30 seconds, drain and squeeze dry.
- ☐ Combine blanched mint with garlic, olive oil, bread crumbs, salt, black pepper, and cayenne pepper in a food processor or blender. Blend for 20 to 30 seconds until fine and crumbly.
- ☐ Transfer mint mixture to a large bowl; stir in Parmigiano-Reggiano cheese, set aside.
- ☐ Combine 1/4 cup Dijon mustard and 2 teaspoons honey in a small bowl, set aside.
- ☐ Combine extra-virgin olive oil, rice vinegar, 2 teaspoons honey, 1 teaspoon Dijon mustard, salt, and black pepper in a jar with a lid. Shake vinaigrette vigorously until combined, about 30

seconds. Set vinaigrette aside.

- ☐ Slice 1/2 to 1-inch slits between each bone of the lamb racks to assure the meat roasts evenly.
- ☐ Season each rack with salt and black pepper on all sides.
- ☐ Heat vegetable oil in skillet over high heat. Brown each lamb rack for 2 to 3 minutes on each side.
- ☐ Transfer lamb racks to the foil-lined baking sheet.
- ☐ Brush each rack with mustard and honey mixture.
- ☐ Sprinkle mint mixture over the top and sides of each rack.
- ☐ Bake in the preheated oven until browned on top and medium rare in the center, about 20 minutes. An instant-read thermometer inserted into the center should read 125 to 130 degrees F (52 to 54 degrees C).
- ☐ Remove from oven and allow lamb to rest for 10 minutes before serving, drizzled with honey mustard vinaigrette.

## Nutrition Facts



## Properties

Glycemic Index:71.82, Glycemic Load:1.68, Inflammation Score:-6, Nutrition Score:17.386956486851%

## Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 422.75kcal (21.14%), Fat: 27.74g (42.68%), Saturated Fat: 6.63g (41.44%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 13.36g (4.86%), Sugar: 3.76g (4.18%), Cholesterol: 81.73mg (27.24%), Sodium: 428.41mg (18.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.85%), Vitamin B12: 2.97µg (49.52%), Selenium: 31.7µg (45.28%), Vitamin B3: 8.3mg (41.49%), Zinc: 5.04mg (33.6%), Phosphorus: 268.3mg (26.83%), Vitamin B2: 0.34mg (19.92%), Vitamin B1: 0.29mg (19.49%), Iron: 3.43mg (19.05%), Manganese: 0.34mg (16.87%), Vitamin E: 2.37mg (15.79%), Folate: 53.25µg (13.31%), Vitamin B6: 0.25mg (12.44%), Potassium: 427.35mg (12.21%), Magnesium:

47.43mg (11.86%), Vitamin K: 11.69µg (11.13%), Copper: 0.22mg (10.8%), Vitamin A: 504.65IU (10.09%), Calcium: 93.58mg (9.36%), Vitamin B5: 0.93mg (9.3%), Fiber: 1.64g (6.55%), Vitamin C: 4.09mg (4.95%)