

SIDE DISH

Rack of Lamb with Mint-Basil Pesto

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
70 min	20 min	50 min	6	\$2.15	272 kcal



Rack of Lamb with Mint-Basil Pesto is a gluten free and ketogenic recipe with 6 servings. This side dish has 273 calories, 13g of protein, and 23g of fat per serving. For \$2.15 per serving, this recipe covers 12% of your daily requirements of vitamins and minerals. 1 person were impressed by this re...

Ingredients

- ☐ ¾ cup lightly packed fresh basil leaves
- ☐ 2 garlic cloves
- ☐ 2 tablespoons fresh lemon juice
- ☐ 1/3 cup extra-virgin olive oil
- ☐ ¾ teaspoon salt, plus more for seasoning
- ☐ ½ teaspoon freshly ground black pepper, plus more for seasoning
- ☐ 1½ pounds each) racks of lamb, trimmed and frenched
- ☐ 1½ cups lightly packed fresh mint leaves
- ☐ 2 tablespoons freshly grated Parmesan
- ☐ ½ cup walnuts, toasted

Method

- 1 Watch how to make this recipe.
- 2 Blend the mint, basil, nuts, cheese, lemon juice, garlic, 3/4 teaspoon of salt, and 1/2 teaspoon of pepper in a food processor until the herbs are finely chopped. With the machine running, gradually blend in 1/3 cup of oil until the mixture is smooth and creamy.
- 3 Preheat the oven to 400 degrees F.
- 4 Generously sprinkle the lamb racks with salt and pepper.
- 5 Heat the remaining 2 tablespoons oil in a grill pan or heavy large skillet over high heat.
- 6 Place 1 lamb rack in the skillet and cook just until brown, about 3 minutes per side.
- 7 Transfer the lamb rack meat side up on a heavy large baking sheet. Repeat with the remaining 2 lamb racks.
- 8 Roast the lamb in the oven until cooked to desired doneness, about 20 minutes for medium-rare.
- 9 Transfer the lamb racks to a work surface. Set aside for 10 minutes.
- 10 Cut the lamb between the bones into single chops.
- 11 Spread the pesto over 1 cut side of each chop. Arrange the chops, pesto side up, on plates or a platter, and serve.
- 12 Do-Ahead Tip: The pesto and lamb racks may be prepared up to this point 1 day ahead. Cover the pesto and lamb separately and refrigerate. Allow extra time for the chilled lamb to roast.
- 13 Alternately, the racks of lamb can be sliced then broiled before serving. To broil the lamb: Use 18 to 24 meaty single lamb rib chops (about 2 1/2 ounces each, from 3 racks of lamb). Preheat the broiler. Arrange the lamb chops in a single layer over 2 heavy baking sheets. Lightly brush the lamb chops with oil and sprinkle with salt and pepper. Watching closely, broil the lamb chops 3 inches from the heat source until cooked to desired doneness, about 3 minutes per side for medium-rare.
- 14 Spread the pesto over the chops. Arrange the chops pesto side up on plates or a platter, and serve.
- 15 RECOMMENDED WINE #1: Baroli Barolo 1998
- 16 REGION/ORIGIN: Barolo, Piedmont
- 17 GRAPE/VARIETAL: Nebbiolo

- 18 RECOMMENDED WINE #2: Avignonesi Vino Nobile d'Montepulciano 2001
- 19 REGION/ORIGIN: Montepulciano, Tuscany
- 20 GRAPE/VARIETAL: Sangiovese (Prugnolo Gentile - local clone of sangiovese)

Nutrition per serving			
	272	12 g	23 g
	KCAL	PROTEIN	FAT
			4 g
			CARBS
Saturated Fat			4.2 g · 26% of daily needs
Fibre			1.9 g · 8% of daily needs
Sugar			0.4 g · 0% of daily needs
Sodium			66.3 mg · 3% of daily needs
Cholesterol			33.3 mg · 11% of daily needs
Vitamin C			6.5 mg · 8% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/rack-of-lamb-with-mint-basil-pesto-142141