



Nurturing you through to health and happiness

SARI YOUNG

BNSc (hons); AdDip Naturopathy;
AdDip Western Herbal Medicine; AdDip Nutritional Science.

www.sarisnaturalmedicine.com.au

NATUROPATH AND REGISTERED NURSE

Lamb rack recipe (serves 4-6)

Sari Young 4-5-22

Ingredients

- 10 garlic cloves
- 1/2c oil – (grapeseed, sesame or avocado oils have high smoke points)
- 1 cup lightly packed fresh parsley
- 2 tsp dry, or 2 tbsp fresh rosemary
- 1/2tsp chilli flakes
- 2 lamb racks
- Sea salt and pepper

Method

- Preheat oven at 230C
- Put garlic, oil, parsley, rosemary, chilli flakes into food processor. Use the processor until mixture is finely chopped.
- Season the lamb with salt and pepper.
- Rub each rack of lamb with the marinade. Let it sit for 20-30 minutes at room temperature. You can leave it longer for even better flavours. Marinating it overnight is best if you're organised enough!
- Place the lamb racks in oven dish with the fat side pointing up. Put it in the top of the oven.
- Cook for 15 minutes.
- Turn the rack of lamb over and cook for a further 5- 10 minutes.
- Allow the lamb to rest for 10 minutes.
- Cut the lamb chops and serve with a huge helping of vegetables.