



Spring rack of lamb with sweet potato salad

A stylish and deceptively simple way to prepare a rack of lamb.

 Less than 45 minutes **Serves: 6**

Recipe Type: Mains

Ingredients

For the Lamb:

2 lamb racks, (6 chops each trimmed by your PnP butcher)

6 ml dijon mustard

2 bags PnP garlic cloves, crushed

1 sprig PnP rosemary

1 sprig flat leaf parsley

For the salad and dressing:

4 medium sweet potatoes

60 ml PnP Finest olive oil

3 squeezes limes

1 handful coriander or basil leaves, chopped

15 ml honey

1 PnP knob ginger, peeled and grated

1 PnP red chilli, seeded and chopped

1 PnP garlic clove, crushed

Method

- Slash fleshy side of lamb with a knife to allow flavours to penetrate.
- Mix mustard, garlic, rosemary and parsley together and rub evenly onto lamb.
- Cover and marinate in the fridge for an hour.
- Peel sweet potatoes and slice into 5mm rounds.
- Blanch in boiling water for 3-4 minutes.
- Remove and pat dry with kitchen towel.
- Mix remaining dressing ingredients together in a bowl and leave to infuse.
- Grill potato slices on a kettle braai for a minute or two on each side until charred and cooked through.
- Toss with dressing and set aside.
- Place lamb on braai and cover.
- Cook for 15-20 minutes for rare or 20-25 minutes for medium.
- Cover and rest for 10 minutes before carving into cutlets.
- Serve with sweet potatoes.