

## Cathrines Rack of Lamb with Yogurt Salsa

### Tastes Like Home with Catherine Fulvio

Serves 4

#### *Ingredients*

3 x 4 cutlets racks of lamb, (allow 3 cutlets per person)

#### *For the marinade*

2 tbsp chopped parsley  
6 cloves garlic, chopped finely  
3 tsp Dijon mustard  
100ml olive oil  
2 tbsp honey  
1 lemon, juice and zest  
Salt and freshly ground black pepper

#### *For the salsa*

2 tbsp chopped coriander 2 tbsp chopped parsley  
2 tbsp chopped mint  
3 tbsp olive oil  
1/2 large cucumber, deseeded, diced and drained of excess juice  
1 red onion, diced  
1 large tomato, deseeded and skinned, diced  
1 tbsp lime juice  
2 garlic cloves, finely chopped  
2 tsp Dijon mustard  
200g Greek natural yoghurt

#### *Garnish*

Sprigs of flat leaf parsley  
Coriander sprigs

#### *Method*

*Preheat oven to 200C/fan 180C/gas 6.*

*To prepare the marinade, mix the parsley, garlic, mustard, oil, honey and lemon juice and zest in a bowl, whisk together and spread over the racks of lamb. Leave to infuse for an hour at least.*

*To make the salsa, separately blitz 1 tbsp chopped coriander, 1 tbsp chopped parsley, 1 tbsp chopped mint and the tbsp olive oil and set aside. Then combine all other ingredients, season to taste and put in a serving bowl. Drizzle the flavoured oil over the top and set aside whilst waiting on the lamb to finish cooking*

*To finish the lamb, Heat a large frying pan with a little oil on a medium to high heat, pat dry the lamb and place into the pan and sear until brown and caramelised.*

*Transfer the racks of lamb to a roasting tin and place in the oven for about 10 minutes for medium, basting with the glaze from time to time. 12 to 14 minutes for well done. Allow the racks to rest in a warmer for 10 minutes.*

*To serve, place onto a serving board or platter and serve with yoghurt salsa and a salad, garnishing with the remaining herbs.*