

# Pistachio Crusted Lamb With Roasted Herbed Veg



## Ingredients

- 150g baby carrots, halved length-ways
- 200g baby courgettes, halved length-ways
- 1 x 400g tin of haricot beans, drained and rinsed
- 1 tablespoon olive oil
- 2 teaspoons sea salt flakes
- Freshly ground black pepper
- 1 x approx. 350g French-trimmed rack of lamb
- 2 teaspoons Dijon mustard
- 40g pistachio nuts, fairly finely chopped
- 1 small bunch of fresh mint, leaves finely chopped
- 1/2 a lemon, juice only
- 1 tablespoon extra virgin olive oil

# Method

1. Preheat the oven to 180C fan/200C/gas 6.
2. Tip the vegetables, beans, olive oil, 1 teaspoon of sea salt and a good grind of black pepper into a roasting tin and mix well.
3. Rub the rack of lamb with the remaining teaspoon of sea salt, then lay it on top of the vegetables and spread the top and sides.
4. With the mustard. Scatter the pistachios evenly over the top and gently press them down.
5. Transfer the tin to the oven and cook for 20-30 minutes depending on whether you prefer lamb rare or well done (I like 25 minutes).
6. Remove the tin from the oven, and put the lamb on to a board to rest for 10 minutes. This is really important for the texture, so don't skip it.
7. Meanwhile, dress the vegetables with the mint, lemon juice and extra virgin olive oil, then taste and adjust the seasoning as needed.
8. Once the lamb has rested, use a sharp knife to slice it into neat medallions (do this at a slight angle to cut between the bones) and arrange them over the vegetables in the tin.
9. Pour any juices from the chopping board over the lamb, then serve immediately.

# Notes

- If you can get multi-coloured carrots, this is the time to deploy them.
  - Serves: 2
  - Prep: 10 minutes
  - Cook: 20-30 minutes

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Revision #2

Created 2021-06-19 11:56:16 UTC by Timothy

Updated 2021-06-19 12:04:34 UTC by Timothy