

BARBECUED CUMIN and CORIANDER CRUSTED LAMB RACKS

Preparation Time

20 minutes

Cooking Time

45 minutes

INGREDIENTS

- 1 tbs coriander seeds
- 1 tbs cumin seeds
- 2 lamb racks (8 cutlets on each rack), excess fat trimmed
- 60ml (1/4 cup) mirin
- 1 tbs sesame seeds
- 2 tsp raw sugar
- 2 tsp sesame oil
- 2 x 115g packets baby corn
- 2 bunches asparagus, woody ends trimmed, halved diagonally
- 1 tbs olive oil
- 1 bunch fresh mint, leaves picked
- 3 green shallots, ends trimmed, thinly sliced diagonally

METHOD

1. Combine the coriander and cumin seeds in a small frying pan over medium heat. Cook, tossing, for 1 minute or until aromatic. Transfer to a mortar and pound with a pestle until coarsely crushed. Press the spice mixture over the lamb racks. Place lamb racks in a disposable foil tray.
2. Preheat a closed barbecue to 200°C. Cook lamb racks in closed barbecue for 40-45 minutes for medium or until cooked to your liking. Remove from barbecue, cover with foil and set aside for 5 minutes to rest.
3. Meanwhile, whisk together the mirin, sesame seeds, sugar and sesame oil in a jug until well combined.
4. Add the corn and asparagus to the barbecue plate. Drizzle with oil and cook, tossing, for 4-5 minutes or until tender crisp. Transfer to a bowl. Add mint and shallot. Drizzle with dressing and gently toss to combine. Cut lamb racks into quarters. Divide lamb and salad among plates. Serve immediately.

Serves 4

	Per Serving (394g)	Per 100g
Energy	2145	544
Protein	50	12.7
Fat – Total	27.4	6.9
- Saturated	2.9	2.5
Carbohydrate - Total	13.6	3.5
- Sugars	4.9	1.1
Sodium	166	42



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