

Herb Crusted Rack of Lamb

Ingredients

- 1 cup of plain bread crumbs
- 1 bunch parsley
- 1 T minced garlic
- 2 lemons juiced and zested
- About 2 tablespoons of Dijon
- Olive oil

Directions

1. Place everything into food processor and pulse until combined
2. Season and sear lamb on all sides in a pan on medium-high to high heat
3. Brush with Dijon lightly, this acts a glue for the crust
4. Apply crust
5. Bake at 375 for 15 mins or until the internal temperature has reached 145 degrees f.