



Rack of Lamb with Garlic and Rosemary

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This rack of lamb is coated with garlic and fresh herbs, then roasted in the oven until tender and juicy. The perfect recipe for any special occasion that takes just minutes to put together!

Course	Main
Cuisine	American
Keyword	rack of lamb
Prep Time	10 minutes
Cook Time	25 minutes
Resting Time	45 minutes
Total Time	1 hour 20 minutes
Servings	6
Calories	482kcal
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Ingredients

- 2 racks of lamb 8 bones each, frenched
- 3 tablespoons olive oil
- 1 tablespoon garlic minced
- 2 tablespoons fresh rosemary leaves minced
- 1 tablespoon thyme leaves minced
- 1 tablespoon parsley leaves minced, plus more for garnish
- salt and pepper to taste
- cooking spray

Instructions

1. Preheat the oven to 450 degrees F. Line a sheet pan with foil and coat the foil with cooking spray.
2. Place the olive oil, garlic, rosemary, thyme, parsley and salt and pepper in a bowl. Stir to combine.
3. Rub the olive oil mixture all over both racks of lamb. Let the lamb sit at room temperature for 30-45 minutes.

4. Bake for 20-25 minutes or until a thermometer inserted into the thickest part of the meat registers 120 degrees F (for medium rare meat).
5. Remove the racks from the oven. Cover with foil and let rest for 10 minutes, or until the thermometer registers 125 degrees F.
6. Slice the lamb in between the bones. Sprinkle with additional parsley, then serve.

Nutrition

Calories: 482kcal | Carbohydrates: 1g | Protein: 24g | Fat: 24g | Saturated Fat: 16g | Cholesterol: 126mg | Sodium: 94mg | Potassium: 321mg | Fiber: 1g | Sugar: 1g | Vitamin A: 131IU | Vitamin C: 3mg | Calcium: 34mg | Iron: 3mg