



ESTABLISHED 1983

## WONDAREE RECIPES

Recipes from The Merry Maker Sisters

<http://themerrymakersisters.com/macadamia-mustard-crust-lamb-rack/>

# WONDAREE MACADAMIA CRUSTED LAMB RACK

## INGREDIENTS

1 grass fed lamb rack, trimmed  
1 cup Wondaree Bits'n Pieces  
1 tbs. dijon mustard  
2 tsp rosemary (finely chopped)  
2 garlic cloves (finely chopped)  
1 tsp. dried thyme  
1 tsp. coconut oil  
salt and pepper

Preheat oven to 200°C and line a baking tray with foil.

Season with thyme, rosemary, garlic and salt and pepper.

Melt the coconut oil in a large fry pan on high heat.

Seal all sides of the lamb, it should take around 2 minutes on each side.

Place the lamb on to the prepared baking tray. Fat side up.

Spread the mustard on top of the lamb.

Carefully spoon the crushed macadamias on to the mustard, pressing them down so they don't fall off the meat.

Season with salt and pepper and place in to the oven for 30 minutes.

Once cooked, allow to sit for 10 minutes before slicing in to cutlets.

We like to serve with balsamic tomatoes!