

Chilli Lime Lamb Racks with Sweet Potato



There is no quicker way to have a quick lamb roast than with a lamb rack. They literally take 15-20 minutes to cook, they are choc full of flavour and are finger licking good! This dish was a little wonder of Asian delight, a low carb alternative and with a healthy, fresh and punchy pea salad on the side, it was a stand out meal, any day of the week!

Prep time: 15 Minutes
\$\$ Medium Budget

Cooking time: 25 Minutes

Serves 4

For the Lamb:

4 x 200gm lamb racks

1/2 cup of sweet chilli sauce

1 tbs of olive oil

2 cloves of garlic, finely minced

Juice of 1 lime

1 tbs of fish sauce

4 kaffir lime leaves, centre vein removed then rolled and very finely sliced

2 large sweet potatoes, sliced about 1 1/2 inches thick on the diagonal

For the Salad:

150gm of snow peas, strings removed and sliced diagonally

150gm of sugar snap peas, strings removed and halved lengthways (if you like, whole is fine)

1 cup of bean shoots

1 cup of coriander leaves, roughly chopped or picked

1/2 cup of Thai basil leaves

1/2 cup of mint leaves

1 red chilli, seeds removed and finely julienned

2 Kaffir lime leaves, centre vein removed and rolled and very finely sliced

2 tbs of olive oil

Juice of 1 lime

1 tbs of light soy sauce

2 tbs of fish sauce

1 tbs of caster sugar

Place the prepared snow peas and sugar snap peas in a bowl and cover with boiling water. Blanch for about 2-3 minutes until bright green and still crunchy. Drain and run under cold water to prevent the cooking process and then drain again. Place them in a bowl with the bean sprouts, chilli, shredded kaffir lime leaves and herbs, cover with cold water and place them in the fridge for later. This makes everything super crunchy and fresh.

Drain well just before serving.

In a small bowl, combine the olive oil, soy sauce, lime juice, fish sauce and sugar. Whisk to combine making sure the sugar has dissolved and set aside.

Pre heat the oven to 200C. Place the sweet potato slices on a large, lined baking tray and brush with some of the chilli mixture, turn over and baste the other side. Pop them in the oven for 15 minutes.

Heat a large frypan until nice and hot. I like to use the lamb racks that haven't been trimmed until there is nothing left. I then score the fat on the outside in a criss cross fashion and place them fat side down in a searing hot pan. This renders the fat somewhat but does not compromise on flavour. Turn and brown on all sides until golden. Once browned add them to the tray that the sweet potato is on, standing them up so that they are leaning together, bone in. Baste them liberally with the chilli mixture, don't be shy and turn the sweet potatoes, basting them again for good measure. After about 10 minutes of cooking time, drizzle the remaining chilli mixture over the lamb and potatoes and cook for a further 8-10 minutes, depending on how you like your lamb. I like mine medium so 10 minutes should be perfect, if you like it more rare, take them out at 8 minutes. Allow the lamb to rest for a few minutes when removed from the oven.

To serve, divide the lamb racks and sweet potatoes between four serving plates. Dress the salad and toss with your fingers to combine before placing a nice pile on the plate. Spoon any remaining tray juices from the lamb tray over the lamb and sweet potatoes.

Leftover bean sprouts? You might like to try this recipe.....<https://emsfoodforfriends.com.au/wasabi-pea-pork-with-pea-radish-salad/>