

Recipe Name: Moroccan Spiced Rack of Lamb

Serves: 2

From: Najwa Khan

Cook Time: 17 mins (air fryer)

or

10-15 mins (oven)

Ingredients

2lb (8 chops) lamb rib rack

2 cloves garlic minced

Salt to taste

Pepper to taste (black pepper)

2 tablespoons EVOO

4 tablespoons Ras El Hanout

↳ Moroccan spice blend

↳ Frontier or McCormick is best

1 tablespoon garlic powder

Yogurt sauce for dipping

- 1/2 pint whole fat plain

greek yogurt

- Salt to taste

- Pepper to taste

- 1 tsp ras el hanout

- 1/2 cup diced cucumber (small)

- 1/4 cup dill (diced fine)

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↳ Put in a bowl and mix (store up to 3 days in fridge)

Notes: * Make sure you buy a rack of lamb that is already cut (frenched). It is important to leave the ribs intact.

cut / score the meat & make sure to wrap the bones with foil.

- If you want to make enough for 4 ppl then double the recipe. Use the yogurt as dip. Goes so well with Tzatziki & frozen naan bread.

- I love using an air fryer for an overall crisp outside but

conventional oven also works. If you use oven, then

cook the lamb on middle rack at 450°F 10 mins (15-20 at

lower temp) until brown and crisp. Foil the bones & place in a

pan. Let rest 15 mins before eating.

Direction

- mix minced garlic, salt, pepper, ras el hanout & garlic powder in a bowl with the 2 tbs of EVOO

- if too thick add an additional 1 tbs of EVOO. (You want a thin paste)

- Rub the ~~paste~~ paste all over the lamb meat making sure to get the

spice in to the fat where you have pre made scores with a knife.

- Keep the lamb in the fridge for at least 2 hours in fridge while covered with foil.

- foil the bones only then place rack in air fryer

- cook for 15-17 mins at 350°F

- 12 mins for rare (check temp to make sure it is done at this point)

- 1750 F

- 1750 F for medium rare

- Sit lamb for 15-20 min before