

Rack of Lamb

Recipe by Lyndey Milan

Serves: 2

Ingredients

- 2 x 4 (approx. 250g ea) bone-in lamb rack
- Salt & freshly ground black pepper
- 1 tablespoon Dijon mustard (optional)
- 2 teaspoons chopped fresh rosemary (optional)
- 200g waxy potatoes, peeled but into 3cm wedges
- 1 ½ tablespoons (30ml) extra virgin olive oil
- 1 teaspoon hot paprika
- 1 red capsicum cut into thick strips
- 1 bunch asparagus, ends snapped off
- **Yoghurt Mint Sauce**
- 200g (2/3 cup) Greek yoghurt
- ½ bunch fresh mint leaves, finely chopped

Method

1. Season lamb with salt and pepper. If desired spread with Dijon mustard and sprinkle with rosemary.
2. Toss potatoes in one tablespoon oil, salt, pepper and paprika.
3. Put half the potatoes in one layer in one quarter of the Airfryer basket and put lamb in beside, with the bone end extending over the potatoes. Do the same in the opposite direction with the remaining potatoes and lamb so they all fit snugly in the basket. Slide the basket into the Airfryer. Cook at 200°C for 15 minutes for rare or longer for better done. Remove the meat and potatoes and leave to rest, covered with aluminium foil, for 10 minutes before serving.
4. Toss red capsicum and asparagus in remaining oil then place asparagus and then the capsicum into the Airfryer and cook on 200°C for 6 minutes. Remove the asparagus, turn or toss the capsicum and put potatoes back in the Airfryer for 4 minutes more.
5. Meanwhile combine yoghurt and mint.
6. Carve lamb and serve with vegetables, potatoes and sauce.



Lamb Kebabs with Yoghurt Mint Sauce

Recipe by Lyndey Milan

Makes: 12 skewers

Ingredients

- 400g boneless lamb (fillet, backstrap, rump, leg, shoulder) cut into 2cm pieces
- 1 tablespoon (20ml) extra virgin olive oil
- Salt & freshly ground black pepper
- 2 teaspoons cumin



Method

1. Toss all ingredients together, then thread two pieces of lamb onto 15cm skewers.
2. Place in Airfryer basket, and slide in Airfryer and cook on 200°C for 8 minutes.
3. Serve as finger food with the yoghurt mint sauce (above) in a ramekin to dip into, or allow four skewers per person for an entrée with some salad leaves.

Lyndey's Note: you could also put some salad in pitta bread and cook the lamb without the skewers and add to the pitta bread with the yoghurt mint sauce.