



# Roast Lamb Rack with Hemp Dressing

## Ingredients:

- **Our Superfoods Range: Spicy Lentil Cous Cous with Kale**
- Lamb Rack (French Trimmed)
- Asparagus

### Hemp Dressing:

- ¼ cup hemp seeds
- ¼ cup mint leaves
- ¼ cup parsley leaves
- ¼ coriander leaves
- Juice of ½ lemon
- 1 clove of garlic
- 1tbsp white wine vinegar
- ¼ cup extra virgin olive oil
- Salt/Pepper

## Method:

1. Season the French trimmed lamb rack with salt and pepper and fresh thyme.
2. Sear lamb in a hot pan and transfer to an oven preheated to 180c. Cook to your liking.
3. To make the hemp dressing, simply blend together the hemp dressing ingredients together.
4. Arrange everything on a large plate and serve with grilled asparagus.

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