

Rack of Lamb with Rosemary and Thyme

Yield: 3 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-rack-of-lamb-recipe>

Ingredients:

- 1 3/4 pounds rack of lamb frenched
- kosher salt
- ground black pepper
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh rosemary roughly chopped
- 1 tablespoon chopped fresh thyme plus 4 sprigs
- 10 cloves garlic smashed

Nutrition:

1. Calories: 1080 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 200 milligrams
4. Fat: 99 grams
5. Protein: 40 grams
6. SaturatedFat: 41 grams
7. Sodium: 410 milligrams

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