

maimoa  
BY ANZCO  
FOODS

ANZCO PREMIUM LAMB  
*Aged  
tenderness*  
HANDPICKED IN NEW ZEALAND



*Lamb Rack with  
Orzo Salad & Salsa Verde*

Serves 4-6  
Prep 10 minutes  
Cooking 20 minutes

## INGREDIENTS

2x8 Rib (650g) Maimoa Lamb Racks  
2 tsp extra virgin olive oil  
500g small truss tomatoes  
1 small brown onion, finely chopped  
2 cups orzo  
3 garlic cloves, finely chopped  
1 L (4 cups) chicken stock  
2 cups frozen peas  
Finely grated zest of 1 lemon  
Toasted flaked almonds to serve

### Salsa verde

1½ cups (approx 1 bunch) mint  
leaves picked  
3 anchovies  
1 tbsp capers  
1½ tsp seeded mustard  
Juice of 1 lemon  
¼ cup (60ml) olive oil

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## METHOD

Trim and tidy the lamb, reserving any excess fat. Drizzle lamb with 1 tbsp oil and season with salt and cracked pepper. Stand for at least 10 minutes - this allows the meat a chance to come to room temperature. 30 minutes is ideal if you have time.

Preheat the air fryer\* to 180°C. Heat a frypan over high heat. Add lamb rack, fat side down and cook, without touching for 1-2 minutes or until golden and a crust begins to form. Transfer to the basket of the air fryer, crust side up, along with tomatoes and lamb trimmings. Cook for 18 minutes or until medium rare. Remove from basket and stand for 10 minutes to rest.

Meanwhile, return pan to medium heat with remaining oil. Add onion and cook for 3-4 minutes or until softened. Add orzo and garlic and cook for 2 minutes or until orzo is coated and slightly toasted. Add stock and bring to the boil. Cover with a lid and reduce heat to medium-low. Cook, stirring occasionally, for 10 minutes or until orzo is just cooked through. Stir through frozen peas. Cover and cook for a further 3 minutes to warm through. Add zest and season to taste. For the salsa verde place all ingredients in a small food processor and whiz until finely chopped. Season to taste.

To serve, spoon orzo onto a serving platter. Cut rack into 2 rib portions and add to platter along with roasted tomatoes. Spoon over salsa verde, scatter with toasted nuts and serve with extra lemon wedges alongside for squeezing.

*\*If you don't have an airfryer you can use a conventional oven or continue to cook rack in the pan covered and turning every 4 minutes over low heat.*