



## Mustard-Crusted Lamb

**Makes** 2 Servings

### INGREDIENTS

1 Rack Of Lamb, Flap Trimmed  
Salt And Pepper  
3 tbsp Dijon Mustard, With Seeds If Desired  
2 tbsp Fresh Mint Or Basil Leaves, Chopped  
4 tbsp Shallots, Chopped  
1/4 cup Panko  
3 small Red Potatoes, Each Cut Into 4 Wedges  
2 tbsp Water  
1/2 bunch Broccoli Rabe, Tough Stem Ends  
Removed  
1 tsp Olive Oil  
3 tbsp Reduced Fat Sour Cream

### DIRECTIONS

1. Preheat oven to 425F. Place lam, meat side up, in small roasting pan. Sprinkle lamb with 1/4 tsp salt and freshly ground pepper. In small bowl, stir together mustard, mint and 2 tbsp shallots. Reserve 2 tbsp mustard mixture for sauce; spread remainder on lamb. Pat on panko to coat.
2. Roast lamb in oven 25 to 30 minutes for medium-rare or until desired doneness.
3. Meanwhile, heat 4-quart saucepan of water to boiling on high. In microwave-safe bowl, combine potatoes and 2 tbsp cold water. Cover with vented plastic wrap and microwave on high 4 minutes or until fork tender. Drain; toss with 1/8 tsp each of salt and pepper. Keep warm.
4. Add broccoli rabe to boiling water in saucepan, and cook 3 minutes. Drain well; wipe pan dry. In same saucepan, heat oil and remaining 2 tbsp shallots on medium-high; add broccoli rabe and cook 2 minutes, stirring frequently. Toss with 1/8 tsp each salt and pepper. Keep warm.
5. Stir sour cream into reserved mustard mixture. Cut lam and 2-rib portions and place on 2 dinner plates with potatoes and broccoli rabe. Serve lamb with sour cream sauce.