

Honey Rosemary Lamb Ribs



Prep Time:
10 minutes



Cooking Time:
20 mins



Servings:
4



INGREDIENTS

1kg Dirty Clean Food lamb ribs
¼ cup oil
2 Tbsp lemon juice
3 cloves garlic, crushed
1 ½ Tbsp tomato paste
2 sticks fresh rosemary leaves,
roughly chopped
¼ cup fresh thyme leaves, chopped
½ cup fresh mint leaves, chopped
1 Tbsp Bidjaronning raw honey
1 tsp paprika
Zest of 2 lemons
Pinch of chilli flakes
Chopped fresh parsley
Sesame seeds

METHOD

Mix all the marinade ingredients in a small bowl to combine.

Place the lamb ribs in a resealable bag or plastic container and add the marinade, mixing well to coat then cover. Leave to marinate for at least an hour or overnight in the fridge.

Remove the ribs from the fridge at least 30 minutes before cooking and season.

Preheat a barbecue grill or frying pan to a medium-high heat.

Add the ribs and cook until browned and crunchy on all sides – around 15-20 minutes. If you have single ribs they will only take about 10-15 minutes.

Recipe from recipes.co.nz