

Easy Instant Pot Rack Of Lamb

Hands-on 10 minutes Overall 40 minutes

Nutritional values (per serving): Total carbs: 3.1 g, Fiber: 1 g, **Net carbs: 2.2 g**,

Protein: 19.1 g, Fat: 40.4 g, Calories: 453 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

1.35 kg rack of lamb (3 lb) *will yield about 50% meat*

2 tsp coarse salt *or* about 1 tsp fine sea salt

1 tbsp ground black pepper

1 tbsp paprika

2 tbsp garlic flakes *or* 1 1/2 tsp garlic powder

1 tbsp onion powder

Optional: 1/4 tsp saffron

3 tbsp fresh tarragon *or* 1 tbsp dried tarragon

2 tbsp unsalted butter, ghee *or* duck fat (28 g/ 1 oz)

1 cup beef stock *or* bone broth (240 ml/ 8 fl oz)

1 tbsp lemon juice (15 ml)

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)

Instructions

1. Mix all of the spices and pat dry the rack of ribs using a paper towel.
2. Evenly rub on both sides of the lamb racks.
3. Put a steamer rack inside the [Instant Pot](#) and place in the rack of lamb. Top with sliced butter and fresh tarragon on top. Add the beef stock and lemon juice into the Instant Pot. Secure the lid and cook under *Manual* and *High Pressure* for about 15 minutes. Once cooked, release pressure manually. Remove from the Instant Pot.
4. Place the lamb chops inside a pan with 1/2 cup of sauce and place in oven to broil on high, for 3 to 5 minutes per each side. (Tip: Wrap a piece of aluminium foil tightly around the exposed rib bones to prevent them from burning.)
5. Remove from oven and let rest for 2 minutes. Slice and serve! Best eaten immediately while still warm. You can store the ribs covered in the fridge for up to 3 days. Always reheat in the oven or microwave before serving.

More great content on [KetoDietApp.com](#)