

Grilled lobster with lemon and herb butter

Serves 2

750g lobster

1tbsp fresh parsley, chopped

100g butter, softened

1tsp lemon zest

1/2 lemon, juice

salt and freshly ground pepper

To serve

Green salad

1 Place the lobster in boiling water for 15 minutes (or longer for larger sized lobsters - see cooking tips on page 54).

2 While the lobster is cooking, mix the chopped parsley through the softened butter. Add the lemon juice and zest. Season with salt and pepper and mix together.

3 Remove the lobster from the water and run under cold running water for a few minutes. Place in the fridge and allow to cool for at least 1 hour.

4 Use a sharp heavy knife to cut the lobster in half lengthways.

5 Place the two lobster halves and claw meat onto a baking tray or ovenproof dish and add 1 tablespoon of butter onto each lobster half.

6 Place in a hot oven for 5-6 mins. Remove and drizzle with any remaining melted butter from the tray. Season and serve with a fresh green salad.

Fat	75g	Carbs	1g	Energy	531kcal
Protein	30g	Sodium	.4g	Fibre	1g

