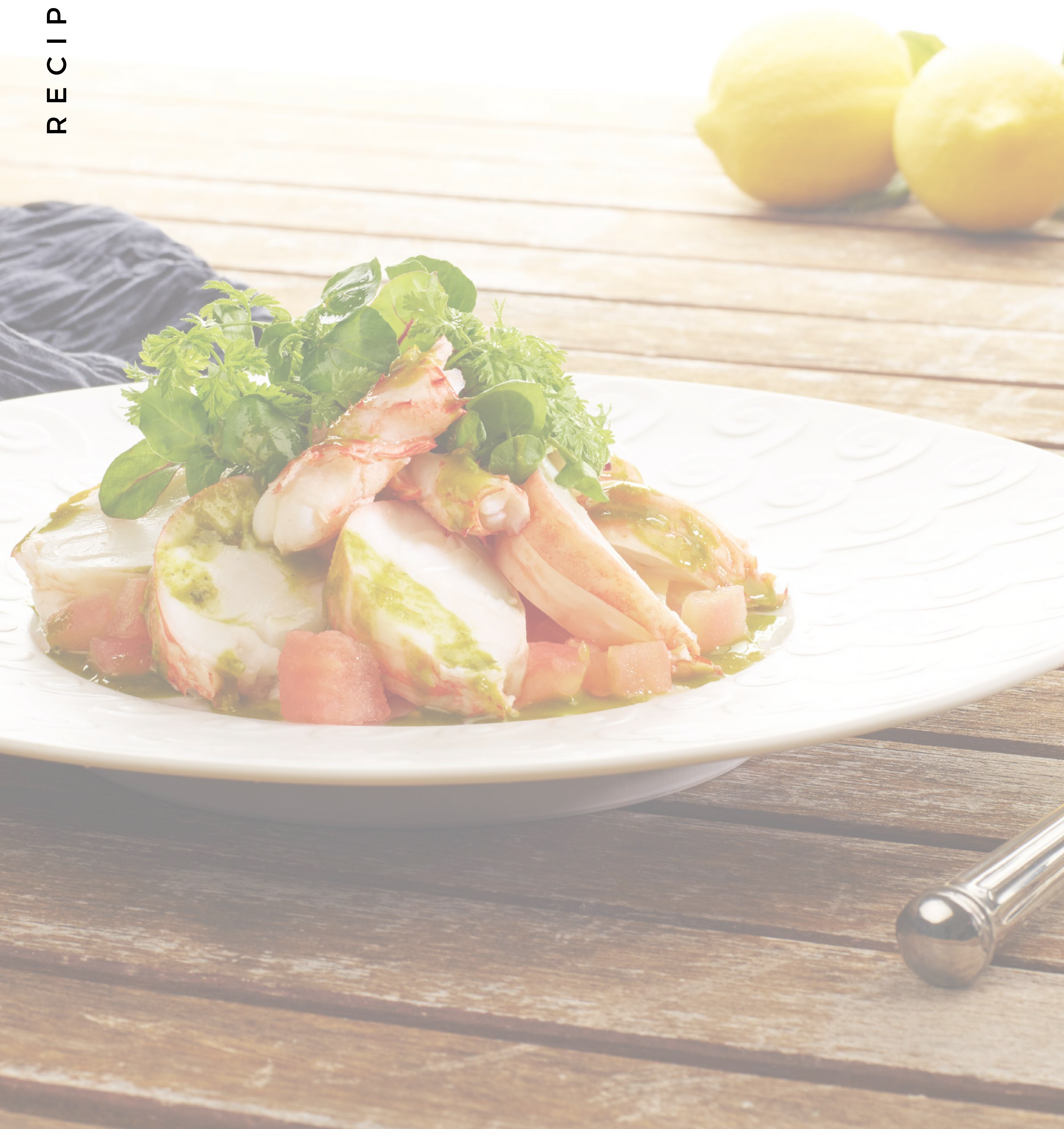


LOBSTER MEDALLIONS AND MEDITERRANEAN SALAD

RECIPE CARD



INGREDIENTS

SERVES 2 - 15 MINUTES

1 ORANGE, FINELY GRATED ZEST AND JUICE
1 LIME, FINELY GRATED ZEST AND JUICE
1 PEELED CLOVE OF GARLIC, FINELY CHOPPED
2 TABLESPOONS PARSLEY, FINELY CHOPPED
2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
SALT AND FRESHLY GROUND PEPPER TO TASTE
2 TOMATOES DE-SEEDED, SKINNED AND DICED
MIXED YOUNG SALAD LEAVES AND SOFT HERBS
(E.G. CHARD, WATERCRESS, CHERVIL)

PREPARATION

DRESSING

PLACE ORANGE, LIME, GARLIC AND PARSLEY INTO A BOWL AND GRADUALLY WHISK IN OLIVE OIL. SEASON WITH SALT AND PEPPER TO TASTE. SET ASIDE.

PREPARATION

1 COOKED LOBSTER (APPROX. 400 - 500 GRAMS).
ONCE COOKED PLUNGE LOBSTER INTO CHILLED WATER TO STOP THE COOKING PROCESS. SEE LOBSTER GUIDE FOR MORE INFORMATION.
ONCE THE LOBSTER HAS BEEN CHILLED, REMOVE MEAT FROM SHELL (SEE LOBSTER GUIDE PAGE) AND SLICE INTO MEDALLIONS. YOU MAY USE THE LOBSTER HORN AND LEG MEAT AS WELL TO GIVE YOUR DISH THAT SPECIAL TOUCH.

PRESENTATION

PLACE TOMATO ON YOUR SERVING PLATE. IF USING HORN MEAT AND LEG MEAT PILE IT IN THE CENTRE OF THE TOMATO AND ADD A LITTLE DRESSING. ARRANGE THE MEDALLIONS AROUND THE CENTRE STACK. TOP WITH SALAD GREENS AND ADD DRESSING TO TASTE.