

LOBSTER AND AVOCADO SALAD WITH ASIAN DRESSING

RECIPE CARD

INGREDIENTS

SERVES 2 - 15 MINUTES

DRESSING

3 DESSERTSPOONS RICE VINEGAR

1 TEASPOON SOYA SAUCE

½ TEASPOON SESAME OIL

½ TEASPOON FINELY GRATED GINGER

1 PINCH OF SUGAR

3 DESSERTSPOONS VEGETABLE OIL

SALT AND FRESHLY GROUND WHITE PEPPER TO
TASTE

1 COOKED LOBSTER (APPROX. 400 - 500 GM)

1 AVOCADO, SKINNED AND CUT INTO CUBES

1 ORANGE OR PINK GRAPEFRUIT, CUT INTO
SEGMENTS (ALL SKIN AND MEMBRANES REMOVED)

MIXED SOFT SALAD LEAVES (E.G. TATSOI, MIZUNA,
AND WATERCRESS)



PREPARATION

DRESSING

PLACE VINEGAR, SOY, SESAME OIL, GINGER AND SUGAR IN A BOWL AND GRADUALLY WHISK IN OIL. SEASON WITH SALT AND PEPPER TO TASTE

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. REMOVE CHILLED MEAT FROM SHELL (SEE LOBSTER GUIDE PAGE) AND SLICE. YOU MAY USE THE LOBSTER HORN AND LEG MEAT AS WELL TO GIVE YOUR DISH THAT SPECIAL TOUCH.

PRESENTATION

IF USING HORN MEAT, LEG MEAT ETC. PLACE IN CENTRE OF A PLATE AND ADD A LITTLE DRESSING GENTLY MIX LOBSTER SLICES, AVOCADO, CITRUS SEGMENTS, SALAD LEAVES WITH DRESSING AND PLACE ON TOP.