

BBQ LOBSTER AND PEACH SALAD

RECIPE CARD

INGREDIENTS

SERVES 2 - 4 20 - 30 MINUTES

LOBSTER PREPARATION

TWO WHOLE A SIZE LOBSTERS
(RAW, DEFROSTED AND SPLIT LENGTHWAYS)
SALT AND OLIVE OIL

GARLIC BUTTER SAUCE

1/3 CUP BUTTER
1 GARLIC CLOVE, CRUSHED
1/4 TABLESPOON DRIED BASIL
2 TEASPOONS DRIED OREGANO
CORN FLOUR TO THICKEN (OPTIONAL)

SALAD

4 PEACHES
250 - 300 GRAMS ARUGULA OR MIXED GREENS
1 SALAD ONION, SLICED
WALNUTS (TO TASTE)
OLIVE OIL

PREPARATION

SALAD

COMBINE GREENS, ONION AND WALNUTS IN A BOWL.

DRIZZLE WITH OLIVE OIL

ADD GRILLED PEACHES

PREPARATION

SPLIT RAW/ DEFROSTED LOBSTER LENGTH WAYS

SEASON WITH SALT AND OLIVE OIL

PLACE ON MED-HIGH GRILL, FLESH SIDE DOWN

(UNTIL FLESH STARTS TO CHANGE FROM TRANSLUCENT TO WHITE)

REMOVE FROM HEAT AND BRUSH LOBSTER WITH GARLIC BUTTER

RETURN TO HEAT AND COOK THROUGH UNTIL

GARLIC BUTTER HAS A GOLDEN APPEARANCE

SLICE PEACHES IN HALF AND ADD TO GRILL FOR A

FEW MINUTES, OR UNTIL SLIGHTLY CHARRED

RESERVE FOR SALAD

GARLIC BUTTER SAUCE

COOK OFF GARLIC IN A MEDIUM HEAT PAN

ADD BUTTER

AS BUTTER BEGINS TO MELT, ADD REMAINING INGREDIENTS.

ADD CORNFLOUR TO THICKEN (OPTIONAL)

REMOVE FROM HEAT AND RESERVE FOR LATER USE.