

STIR FRIED ROCK LOBSTER WITH GINGER AND GREEN ONION

RECIPE CARD

INGREDIENTS

SERVES 4 20 - 30 MINUTES

LOBSTER PREPARATION

APPROXIMATELY 1 KG WESTERN ROCK LOBSTER
(RAW, DEFROSTED AND SPLIT LENGTH WAYS, CUT
INTO ~5 CM CUBES)

INGREDIENTS

9 SLICES FRESH GINGER
5 - 6 GREEN ONIONS CUT INTO 2-INCH PIECES
CORIANDER (TO TASTE)
8 SLICES GARLIC
2 TABLESPOONS CHINESE COOKING WINE
1/4 TABLESPOON BLACK PEPPER
1 - 2 TABLESPOONS OLIVE OIL

PREPARATION

STIR FRIED ROCK LOBSTER WITH GINGER AND GREEN ONION

PREPARATION

SPLIT RAW/ DEFROSTED LOBSTER LENGTH WAYS,
CUT INTO ~5 CM CUBES

HEAT OLIVE OIL IN A WOK, ADD GINGER AND
GARLIC
AFTER 2 - 3 MINS ADD GREEN ONION TO THE PAN
AND FRY.
REMOVE FROM HEAT AND RESERVE.

ON A MEDIUM-HIGH HEAT, ADD MORE OLIVE OIL TO
THE PAN AND THEN ADD LOBSTER.

AFTER ~3 - 5 MINS ADD BLACK PEPPER AND
COOKING WINE.

COVER WITH A LID AND LEAVE TO COOK FOR 5 - 10
MINS.

RETURN THE GINGER, GREEN ONION AND GARLIC
TO THE PAN WITH THE LOBSTER.

FINALLY, ADD CORIANDER, COOK FOR 2-3 MINS

SERVE IMMEDIATELY.