

# Recipe of the Week

## Lobster Tails with Orange, Mustard & Dill



- 4 Green Frozen Lobster Tails—thawed
- 3 Tablespoons melted butter
- The juice and rind of 1 Orange
- 1 teaspoon of wholegrain mustard
- 2 teaspoons of fresh dill—chopped

Preheat grill to medium-high. Line a grill tray with foil.

Using kitchen scissors, cut down either underside of the lobster tail and gently pull away the soft shell exposing the meat in the shell body.

Combine the butter, orange rind, 2 tablespoons juice, mustard & dill and mix well.

Place the lobster tails shell side up on the tray. Grill for 4 minutes or until the shells turn orange. Turn the tails over and brush well with butter mixture. Cook for a further 30—35 minutes, brushing liberally with the butter mixture frequently until the flesh is no longer translucent.

Serve immediately with a fresh salad

(Taken from [taste.com.au](http://taste.com.au))