

Recipe of the Week

Lobster Tail Salad

with Truffle Oil



2 Small Green Lobster Tails
Sea Salt & Black Pepper
1 tbsp Olive Oil
60g Fine Green Beans
3 Ripe Red Tomatoes
2 tbsp Truffle Oil
1 tbsp Lemon Juice

1 tsp Dijon Mustard
1 tsp Lemon Zest
Handful Baby Rocket Leaves
1/2 Red Onion, finely sliced
3 tbsp Small Basil Leaves
Truffle Oil for serving
1 Lemon, quartered

Preheat oven to 220°C. Split the tails in half lengthways with a cleaver and season with salt and pepper.

Heat olive oil in a heavy frying pan and place the lobster tails cut-side down. Sear over high heat for 2 minutes or until coloured, then place cut-side up in the oven and roast for 10-15 minutes or until lobster meat is no longer glassy.

Cook the green beans in simmering salted water for 4 minutes or until tender, drain and run under cold water to cool. Roughly chop tomatoes.

In a large bowl, lightly mix the truffle oil, lemon juice, mustard, capers, lemon zest and rocket.

Season with salt and pepper. Add tomatoes, green beans, onion and basil leaves and lightly toss

Divide between two plates, arrange lobster on top and serve with drizzle of oil and lemon wedges