

Seafood Charlie Recipe

Grilled Lobster Tail Salad

A Seafood Charlie Recipe

Prep Time: 40 Mins

Cook Time: 3 Mins

Servings: 4

Ingredients

1/2 cup fresh lemon juice
3 Tbs finely chopped shallots
1 1/2 Tbs chopped fresh tarragon
2 tsp honey
1 tsp salt
1/2 cup extra virgin olive oil
8 (4-ounce) cold water lobster tails
1/4 cup unsalted butter, melted
2 bags (5 to 6 ounces each) baby spinach
2 grapefruits, peeled and segmented
1 avocado, peeled, pitted and diced
1 mango, peeled, pitted and diced

Directions

1. In small bowl, whisk ¼ cup lemon juice, shallots, tarragon, honey and salt; whisking constantly, drizzle in oil until emulsified.
2. Heat large covered saucepot of salted water to boiling over high heat; add tails and return to boiling. Reduce heat to medium and cook 2 minutes; remove and let cool.
3. Prepare outdoor grill for direct grilling over medium heat. With scissors, cut tail shells lengthwise down center; with fingers, spread shells apart slightly. Flip tails over onto backs; insert 1 metal skewer lengthwise into each tail through the center of the meat. In small bowl, whisk butter and remaining ¼ cup lemon juice.
4. Place tails, cut side down, on hot grill rack; cook, covered, 2 minutes; turn tails. Evenly pour butter mixture onto meat; cook, covered, 1 minute or until meat turns opaque throughout.
5. Remove meat from shells; chop half the meat. Divide spinach over 4 plates; evenly divide meat, grapefruit, avocado and mango over spinach. Drizzle salads with dressing.

Enjoy!