



MSC Canadian Lobster Tails

Lobster is the **food of love**, and is ideal to share on Valentine's day, or any day of the week!

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to view our
MSC frozen range
www.directseafood.co.uk

Our MSC Canadian lobster tails would be the perfect option to serve during the Valentine's celebrations. They are also a great addition to your menu even after the celebrations, as surf & turf mains or large starters.

Take a look at our special
valentines recipe inspiration....

Order from our team using the code:

16LOBT08E5M | MSC Lobster: Meat-Raw-Tails 85-113gm (4.54 nett case)

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Recipe: Lobster tails with garlic, honey and Chardonnay sauce.

Like many foods of the sea, the **lobster's aphrodisiac** history can be traced back to the ancient Greeks. They believed their goddess of love, Aphrodite, was born of the sea, and that all ocean creatures were her playthings in the game of love!

Prep time & cooking time: 10 minutes and 15 minutes

Ingredients for 2

- 16LOBT08E5M - MSC lobster tails
- Shallot fine diced: 20gm
- Butter: 50gm
- Garlic Cloves fine diced: 2
- Chardonnay: 130ml
- Lemon: 1
- Lemon wedges: 6
- Honey: 60gm
- Chopped Parsley: 3gm
- Salt and pepper:
- Lemon Mayonnaise: 50gm

Method

1. These tails just need thawing. They are fully prepared ready to bake - the perfect prepared lobster tail. Place lobster tails, meat side up, on baking sheet.
2. To make the sauce, melt the butter, then add the diced shallot and garlic and cook until soft. Add the white wine and bring to the boil. Allow to simmer and let reduce by half. Add the honey, the juice and zest of one lemon. The sauce should be syrupy in texture. Season. Set aside.
3. Using half of the honey and the chardonnay syrup sauce from step 2, spoon over the lobster tail meat and reserve the remaining sauce for serving.
4. Bake in a hot oven at 180°C for 12-14 minutes, or until the lobster meat is opaque, and the edges are slightly charred.
5. Deep fry French fries at 175°C until crisp and toss in salt. Place in chip cone.
6. Garnish with chopped parsley (lots) and lemon wedges and serve immediately with the remaining warmed sauce on a wooden board. Add the cone of skinny french fries and lemon mayonnaise.