

# HERB ROASTED FLORIDA LOBSTER

East meets West in this delectable dish where grilled Florida lobster is served atop an Asian vegetable stir-fry. Colorful vegetables and fresh herbs and spices come together to create a crisp and flavorful side to the star of the show – the Florida Spiny Lobster tail. Finished off with Florida citrus and cashew garnish this recipe is a true masterpiece.

## MAKES 1 SERVING

8oz	Florida Lobster tail
1 cup	Broccoli
¼ cup	Carrot
1 Tbsp	Garlic
1 tsp	Ginger
½ cup	Mushrooms (Cremini)
1 Tbsp	Red onion (small dice)
1 tsp	Coconut sugar
1 tsp	Crushed red pepper
A.N	Sesame Seeds
¼ Cup	Cashews
2 Tbsp	Rice wine vinegar
1ea	Florida Grape fruit
1ea	Florida Orange
1 oz	Citrus reduction
1 tsp	Thyme
1 tsp	Oregano
1 Cup	Vegetable stock

Season lobster tail with salt, pepper, herbs and brush with butter. Place onto small sheet tray with a small amount of water and bake.

In a seasoned hot wok place a small amount of sesame oil and blended oil.

Add broccoli and continue to char, once starting to gain color and mushrooms, garlic, crushed red pepper flakes, ginger, red onion and carrots.

Deglaze pan with vegetable stock.

Toss until vegetables are fork tender and plate.

Once the lobster tail has reached an internal temperature of 155 degrees. Remove and place on top of bed of stir fry.

Carefully drizzle reduction on lobster and around stir fry.

Garnish with sesame seeds and green onion.

