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# split lobster menu solutions



## Grilled Lobster Salad

### Niçoise Style

#### Ingredients:

4	Clearwater Split Lobster, thawed as per instructions	3/4 lb (120 g)	Baby potatoes, pre-cooked and sliced
1 Tbsp (9 g)	Garlic minced	12 (60 g)	Cherry tomatoes, cut in half
1/2 cup (125 g)	Olive oil	24 (12 g)	Olives, black, sliced
1/3 cup (80 g)	Mayonnaise	1 tsp (6 g)	Fresh lemon juice
2 Tbsp (24 g)	Mustard, grainy	1/4 tsp (1 g)	Sea salt
1/4 bunch (2 g)	Parsley, fresh chopped	Pinch (0.25 g)	Black pepper, freshly cracked
Pinch (0.25 g)	Green onions, sliced thinly		
1/4 lb (100 g)	Green beans, pre-cooked		

#### Method:

Make garlic oil by gently heating garlic in oil until aromatic, approximately 2 minutes, remove from heat and reserve. Preheat oven to 200°C (400°F). Remove Split Lobsters from packaging and place on an ovenproof tray, flesh side up. Brush the lobster meat with garlic oil and season with salt and pepper. Turn oven to broil and place lobsters under broiler for 2 minutes (until lobster meat is partially cooked). Remove tray from oven and brush again. Place back under broiler for another 2 minutes until meat is thoroughly cooked. Reserve.

Toss together green beans, baby potatoes, mustard, mayonnaise, cherry tomatoes, olives, lemon juice, parsley and green onions and serve over grilled Lobster hot or cold.

Serves 4

## MENU PROFITABILITY

	Calculate Cost
1 Nova Scotia Prime Split Lobster (Chix size)*	\$
All other ingredients	\$
Food Costs	\$
Suggested Menu Pricing	\$

**PROFIT** \$

\*Chix size 0.38 lb (175 g) / pc

Average split weight, eviscerated

Claw & knuckle meat in head cavity, legs attached

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