



LOBSTER PASTA



SERVES 2-4 15 MINUTES

Wild caught every day of the year from the clean and abundant waters of Western Australia, each Brolos Australian Lobster is hand selected from the sustainable catch the bring you the very best. The Brolos freezing process keeps the Lobster sweet, plump and suited to many cooking methods and cuisines.

INGREDIENTS

- 2 boxes Brolos Australian Raw Lobster Halves – Meat 2 halves in shell, remove meat from 2 halves. Keep shells.
- 1 packet of good quality linguini
- Olive oil
- 2 dried chilis or chili flakes
- 3 cloves garlic minced
- 1 cup cherry tomatoes, halved
- White wine
- Salt Pepper
- Parsley, chopped

METHOD

1. Preheat oven to 180 degrees Celsius
2. Brush 2 halves of Brolos Australian Lobster with olive oil, place on a baking tray and bake for 12 minutes until the shell is red and the flesh feels firm to the touch.
3. Remove the raw meat from the remaining 2 raw Brolos Australian Lobster halves. Chop into small chunks and set aside.
4. Cook the linguini in a large pot of salted water. Cook until al dente according packet instructions.
5. While pasta is cooking - add enough oil to just coat the bottom of a large pan and add the chilis and garlic cloves to the cold pan and turn on the heat.
6. When sizzling, add a splash of white wine, the cherry tomatoes, and the lobster shells. Cover the pan, reduce the heat slightly, and let cook until the pasta timer goes off.
7. When the pasta is finished, remove the lobster shells from the pan, add reserved lobster meat and sautee for 1 minute.
8. Add pasta to the sauce with $\frac{1}{4}$ - cup of pasta water.
9. Don't forget to take your lobster out of the oven! Rest baked lobster for 5 mins.
10. Toss the pasta to combine with the sauce, Taste for seasoning and add salt and pepper as required.
11. Serve pasta with a cooked Brolos Australian lobster half on the side. Garnish with parsley and serve with a lemon cheek.