



Grilled Lobster Tail Salad

Prep: 40 minutes

Grill: 3 minutes Serves: 4

- ½ cup fresh lemon juice
- 3 tablespoons finely chopped shallots
- 1½ tablespoons chopped fresh tarragon
- 2 teaspoons honey
- 1 teaspoon salt
- ½ cup extra virgin olive oil
- 8 (4-ounce) cold water lobster tails
- ¼ 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

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.