

*Burger & lobster*

BURGER & LOBSTER'S  
LOBSTER TAIL THERMIDOR



# BURGER & LOBSTER'S LOBSTER TAIL THERMIDOR RECIPE CARD

In your Lobster Tail Thermidor Kit, you should receive the following: Lobster Tails, Thermidor Sauce, Grana Padano Cheese and Lemon Wedges.

## PREPARE THE LOBSTER TAILS

Remove your lobster tails from all their packaging.

Using a fork, remove the lobster meat from their shells and chop each tail into five or six large chunks.

Pour the Thermidor Sauce into a separate bowl. Add all the chopped lobster meat into this bowl and mix well so all the lobster meat is coated.

Using a spoon, carefully spoon the lobster mixture back into their shells, they will be quite full. Finally, sprinkle each tail with the Grana Padano cheese provided.

## COOKING YOUR LOBSTER TAILS

You have two options here, you can either grill your lobster tails or bake them in the oven:

### UNDER THE GRILL:

Place your lobster tails on an oven-safe tray. Preheat your grill by setting it to full power.

Once up to temperature, place your tray with tails on the lowest rack and grill for about 4 - 5 minutes or until the cheese has melted and turned a lovely golden brown colour and the lobster mixture is warmed through.

### IN THE OVEN:

Place your lobster tails on an oven-safe tray. Preheat your oven to 260°C or its equivalent maximum.

Once up to temperature, bake your lobster tails for about 5 - 7 minutes or until the cheese has melted and turned a lovely golden brown colour and the lobster mixture is warmed through.

## PLATING THE LOBSTER

Allow your lobster tails to cool slightly - be careful when removing them from the tray; they will be very hot. Arrange your lobster tails on a large plate or platter.

Serve immediately alongside the fresh lemon wedges - best paired with a glass of Champagne! Not suitable for reheating.

Tag **@burgerandlobster** in your finished lobster tails - we'd love to see how you get on!

For all allergen information head to: [burgerandlobster.com/diy-kits/diy-kit-allergens/](https://burgerandlobster.com/diy-kits/diy-kit-allergens/)

Store your lobster tails in the fridge as soon as they are delivered. They can be stored for up to two days after delivery. Not suitable for refreezing. Make sure to consume within an hour and a half of removing from the fridge.