

Roasted Split Lobster Tails

Ingredients

Lobster Tails, thawed
Grapeseed Oil
Thyme
Garlic, minced
Salt & Pepper
Drawn Butter

Directions

Preheat oven to 450°. To prepare tails, use a large kitchen knife and pierce center of tail. Press down and carefully split tail in half. Once the tail is in 2 pieces, brush with grapeseed oil and sprinkle with fresh thyme and minced garlic, salt & pepper. Repeat with remaining lobster tails.

Place tails on center of baking sheet and bake for 10-12 minutes, or until internal temperature reaches 145°. Serve with drawn butter.

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