



## BARBECUED LEMONGRASS ROCK LOBSTERS WITH CUCUMBER AND CARROT SALAD

PREPARATION TIME: 20 MIN

### INGREDIENTS:

#### LEMONGRASS PASTE:

- 1/3 cup chopped lemongrass, white parts only
- 4 cloves garlic, roughly chopped
- 2 small red chillies, seeded, roughly chopped
- 2 tsp peanut oil
- Salt flakes and freshly ground black pepper

#### CUCUMBER AND CARROT SALAD:

- 2 tbsp rice vinegar
  - 1 tbsp castor sugar
  - ½ small red chilli, thinly sliced into rings and seeded
- Salt flakes and freshly ground black pepper
- 2 red shallots, finely sliced
- 1 small carrot, peeled and cut into matchsticks
- 1 Lebanese cucumber, peeled, seeded and finely sliced into half moons
- 10 mint leaves, torn



---

## **BARBECUED LEMONGRASS ROCK LOBSTERS WITH CUCUMBER AND CARROT SALAD**

PREPARATION TIME: 20 MIN

---

### **INSTRUCTIONS:**

1. Heat a barbecue or char-grill plate
2. Bring a large saucepan of salted water to the boil. Add 1 Rock Lobster to the water, cover and return to the boil as quickly as possible. As soon as it boils, remove Rock Lobster and refresh in iced water. Repeat with remaining rock lobster. Cut Rock Lobsters in half and remove the digestive tract.
3. Make Cucumber Salad: combine vinegar, sugar, chilli, salt and pepper and mix until sugar dissolves. Add shallots, carrot, cucumber and mint and refrigerate until ready to serve.
4. Make Lemongrass Paste: Place all ingredients in a blender and process to a paste. Spread Lemongrass Paste over the cut sides of the rock lobsters. Arrange them, cut-side up, on the barbecue and cook for 12 minutes, then turn over and cook for a further 6 minutes or so, until the shells have turned bright orange all over, the flesh is opaque and the topping is browned (be careful as it burns easily).
5. Serve immediately with Cucumber and Carrot Salad.