

Baked Lobster with Spicy Lemon Sauce

Ingredients

- 100 grams sliced lobster tail
- 1 serving Melba toast crumbs
- 4 tablespoons lemon juice
- ¼ cup water
- ¼ teaspoon garlic powder
- Pinch of red pepper flakes
- Pinch of sweet paprika
- Pinch of lemon zest
- 1 teaspoon fresh parsley, chopped
- Salt and pepper to taste

Makes 1 serving (1 protein, 1 Melba toast)
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20 grams protein

2 grams fat

110 calories



Directions

1. In a small saucepan combine water and lemon juice with spices and bring to a boil.
2. Reduce liquid and deglaze occasionally.
3. Lay out slices of lobster in a small baking dish.
4. Pour lemon sauce over lobster and sprinkle with Melba crumbs, paprika, salt, and fresh ground pepper.
5. Bake lobster slices at 35- degrees for approximately 15 minutes or until lobster is fully cooked.
6. Add a little extra water if needed so lobster doesn't burn.
7. Serve hot and topped with sauce.
8. Garnish with lemon slices and sprinkle with lemon zest and parsley.



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