



SAUTEED LOBSTER & SHRIMP

Ingredients

1 each (4 oz.)	Lobster tail, cleaned, split open
2 oz./3 each	Shrimp, cleaned, deveined
1 tsp.	Olive oil
1/8 th tsp.	Salt and Pepper
2 T.	Chicken stock/broth
1 T.	Parsley, fresh
2 each	Cherry tomatoes, halved
1/2 tsp.	Saffron, threads
1/2 tsp.	Butter

Method

- In a medium sauté pan, bring to medium high heat and add the olive oil.
- Flesh side down, add the lobster tail and begin to pan sear.
- After 1-2 minutes, add the chicken stock and 1/2 T. of parsley + salt and pepper and cover lobster with another pan until the shrimp is ready to be added.
- After another 2-3 minutes, add the shrimp, saffron, cherry tomatoes, 1/2 T. of parsley and finish everything with 1/2 tsp. of butter.

Serves: 1

Serving Size: 5 oz. total + tomatoes

Calories: 230

Fat: 9 gm

Protein: 33 gm

Carbohydrates: 4 gm

Sodium: 770 mg

Fiber: 0 gm