



# Recipes

## Fish

### Broiled Lobster Tail

*Prep and Cook Time: 15 minutes*

*Yield: 4 servings*

#### **Ingredients:**

4 fresh lobster tails  
1 lemon, ½ juiced, ½ cut into 4 wedges  
2 tablespoons minced fresh parsley  
Sea salt and pepper, to taste

#### **Directions:**

1. Preheat oven to broil. With a sharp knife, slice vertically down the backs of the lobster tails and pull them slightly apart. Sprinkle with lemon juice, parsley, and pepper.
2. Broil for eight to ten minutes until the meat is opaque. Garnish with lemon wedges.
3. Enjoy!!