

# Lobster salad, avocado, mango, Yuzu, Japanese pickled ginger and puffed quinoa |

Recipe for 4 servings



## Description

A bright fresh salad, with poached lobster claws. A slight Asian influence and fresh flavors make this a summer classic.

## Ingredients

### Lobster

- 1 Unit(s) Court-bouillon cooked lobster
- Salt and pepper
- Vegetable oil

### Garnishes

- 2 Unit(s) Avocado
- 15 Ml Yuzu juice
- 1 Tbsp Japanese pickled ginger
- 1 Unit(s) Yellow mango
  
- Salt and pepper
- Vegetable oil

### Puffed quinoa

- 4 Handful(s) Puffed quinoa
- Salt and pepper
- Vegetable oil

## Preparation

- Preparation time **30 mins**

### Preparation

Peel and cut the avocados in small cubes, drizzle some yuzu juice on top to avoid oxidation.

Peel the mango and cut into nice slices.

Get the vegetable stock ready to cook the lobster.

### Cooking the lobster

Bring your vegetable stock to a boil in a large stock pot.

Plunge the lobsters into the boiling stock. Leave them for 10-12 minutes. Remove the lobster and transfer directly to an ice bath.

Remove the flesh from the lobster shells once they have cooled down.

### Garnishes

If you don't have access to puffed quinoa, just place your quinoa in a fryer to give it a nice crisp. This can also be accomplished in the oven.

Season the avocados and mangos lightly so as not to take away from their sweetness.

### Plating

Place the avocado and mango in the center of the plate. Place ginger slices here and there. Finish the dish by placing the lobster claw on top of the salad and garnish with a little puffed quinoa.

**Bon appétit!**