

Grilled Lobster with Lemon and Fennel Butter



Ingredients

- 4 lobster halves, similar in size
- 2 tbsp olive oil
- Salt and freshly ground black pepper
- 200g butter
- 1 small bulb fennel, trimmed and very finely chopped
- 1 clove garlic, crushed
- 3 lemons, 2 halved, one zested and juiced
- 2 tbsp flat leaf parsley, finely chopped
- Ciabatta bread, sliced, to serve

Directions

Step 1 – Remove the lobster halves from the fridge and allow to come to room temperature. Brush the flesh of the lobster with olive oil and season with salt and pepper.

Step 2 – In a small saucepan, melt the butter then add the chopped fennel, garlic, juice and zest of 1 lemon and the parsley. Stir to combine and cook over very low heat for 3 minutes. Set aside, keeping the pot warm so the butter remains melted.

Step 3 - Heat the BBQ to high heat (200 - 220°C) and prepare for direct grilling, ensuring the grills are clean.

Step 4 – Place the lobster halves flesh side down on the BBQ and grill for 3 minutes. Place the bread slices onto the grill to toast slightly.

Step 5 – Turn the lobsters over and spread about half of the melted butter mixture over each of the halves. Set the remaining butter aside, keeping warm. Place the remaining lemon halves cut side down onto the grill to warm through and char. Close the lid of the BBQ and cook the lobster for a further 7 minutes or until the meat has turned white and is cooked through.

Step 6 – Remove the lobster from the BBQ and serve immediately with the lemon halves, toasted bread slices and the remaining butter on the side.

