

## Lobster in Hot Garlic Spinach Sauce



**Serves:** 2

**Profitability:**

**Steps:**

Prepare the live lobster by placing it in the freezer for 30 minutes

Bring a large pan of water to the boil. Quickly plunge the lobster into the water and cook for 8 minutes or until the lobster has turned completely pink. Lift out and drain well. (You can use the lobster broth for a seafood soup.)

Using a large cleaver or knife, chop off the tail and cut into three sections

Pull off the claws and then using the back of the cleaver, crack the shell of the claws and all the lobster pieces - this helps let the sauce seep into the lobster and flavour the meat when cooking

Divide the body of the lobster in half lengthways and then spoon out the brown flesh, if preferred, and discard. Chop each half into two pieces

Put all the ingredients for the sauce in a blender with 7 fl oz lobster broth and whiz until smooth

Heat a wok over high heat. Pour in the sauce, add the crabmeat and season to taste with soy sauce. Bring the sauce to a simmer, then toss the lobster pieces into the sauce, mix well and cook for 1 - 2 minutes. Take off the heat and serve immediately with egg-fried rice

**Ingredients:**

1 medium-size live lobster

220g tin crabmeat in brine, drained

1 tbsp light soy sauce

Sea salt

Egg-fried rice to serve

#### SAUCE

1 tbsp groundnut oil

3 garlic, crushed

1 medium red chilli, deseeded & finely chopped

1 large bunch fresh coriander

1 large handful spinach