



## **Grilled Lobster Tail**

- ✓ 10-12oz or 1 Whole Lobster Tail
- ✓ 1 tsp Worschshire sauce
- ✓ 1 tbsp Lemon Juice
- ✓ 1 tsp Chopped Fresh Garlic
  - Olive oil
  - Salt & Pepper to taste

### Stuffing

- ✓ 4oz Bok Choy
- ✓ 4oz Couscous (cooked)
- ✓ 2oz Diced bacon
- ✓ 2oz Diced onion
  - Dash Fresh Thyme
- ✓ ½tsp Fresh Basil
- ✓ 1tbsp Olive oil
  - Salt & Pepper to taste
- ✓ 2oz Canned whole tomato



Split Lobster in half lengthwise with a sharp knife.

Once split partly remove meat from the shell & season. Allow to marinate for a few minutes

When seasoned add to hot grill & cook on both sides for about three minutes

In Sautéed pan add olive oil and bacon. Cook on medium heat until crispy.

When crisp add onion, tomato, bok choy and couscous. Mix or toss for three minutes.

Once completed add fresh herbs and seasonings to taste



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