



Curry Lobster Rolls

READY IN



90 min.

SERVINGS



45

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 kirby cucumber thinly sliced
- ☐ 0.8 teaspoon curry powder
- ☐ 1 tablespoon optional: dill chopped
- ☐ 4 hero rolls split
- ☐ 8 kaffir lime leaves fresh
- ☐ 2 teaspoons juice of lime fresh
- ☐ 2 live lobsters
- ☐ 0.8 cup mayonnaise
- ☐ 3 fillet oil-packed anchovy minced

- ☐ 45 servings salt
- ☐ 1 large shallots minced
- ☐ 1 tablespoon vegetable oil plus more for rubbing

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ kitchen scissors

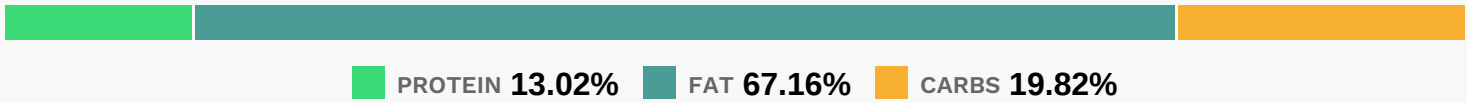
Directions

- ☐ Preheat the oven to 30
- ☐ In a large pot of boiling water, cook the lobsters until they turn bright red, 8 minutes.
- ☐ Drain and let cool.
- ☐ Twist the bodies from the tails. Using scissors, cut along the underside of the shells and remove the meat. Halve the tails lengthwise and discard the dark intestines. Crack the claws and remove the meat in one piece.
- ☐ Remove the knuckle meat.
- ☐ Transfer the lobster to a bowl and refrigerate until chilled.
- ☐ Holding a lime leaf, pull off the stem to divide the leaf in half. Repeat with the remaining leaves. Rub the leaves with oil; transfer to a baking sheet.
- ☐ Bake for 8 minutes, until crisp.
- ☐ In a small skillet, heat the 1 tablespoon of oil.
- ☐ Add the shallot and cook over moderately low heat until softened, 2 minutes. Mash the anchovies with the shallot.
- ☐ Add the curry powder and cook until fragrant, 1 minute. Scrape the mixture into a bowl and let cool. Stir in the mayonnaise, lime juice and dill and season with salt. Refrigerate for 15 minutes.

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Fold the curry mayonnaise into the lobster. Spoon the salad into the buns; top with the lime leaves and cucumber.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:1.18, Inflammation Score:-1, Nutrition Score:1.677391288883%

Flavonoids

Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 44.69kcal (2.23%), Fat: 3.31g (5.1%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.44g (0.49%), Cholesterol: 8.84mg (2.95%), Sodium: 260.35mg (11.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Vitamin K: 7.34µg (6.99%), Selenium: 4.79µg (6.85%), Copper: 0.09mg (4.33%), Zinc: 0.25mg (1.67%), Vitamin B1: 0.02mg (1.65%), Manganese: 0.03mg (1.65%), Phosphorus: 15.97mg (1.6%), Vitamin B3: 0.29mg (1.45%), Vitamin E: 0.22mg (1.45%), Vitamin B12: 0.08µg (1.39%), Folate: 5.53µg (1.38%), Calcium: 12.3mg (1.23%), Iron: 0.19mg (1.08%), Vitamin B5: 0.11mg (1.07%), Magnesium: 4.17mg (1.04%)