



Grilled Lobster and Potatoes with Basil Vinaigrette



Gluten Free



Dairy Free

READY IN

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300 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 cups baby arugula loosely packed
- ☐ 0.5 cup basil fresh chopped
- ☐ 3 garlic clove minced
- ☐ 5 tablespoons juice of lemon fresh
- ☐ 4 servings lemon wedges
- ☐ 5 pound pd of lobster
- ☐ 0.7 cup olive oil extra virgin extra-virgin

- ☐ 2 pounds potato boiling () (preferably yellow-fleshed)
- ☐ 0.5 teaspoon pepper dried hot to taste
- ☐ 3 tablespoons red-wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

Equipment

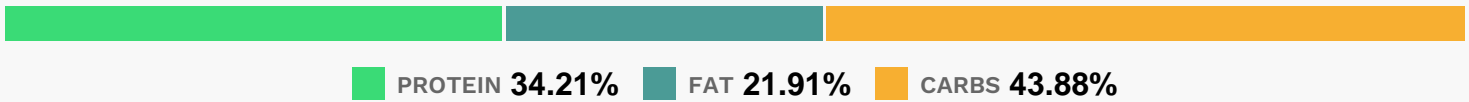
- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ rolling pin
- ☐ tongs
- ☐ colander
- ☐ grill pan
- ☐ meat tenderizer

Directions

- ☐ Plunge lobsters headfirst into a 12-quart pot of boiling salted water. Cook, covered, over high heat 4 minutes (for 1 1/4-lb lobster) to 5 minutes (for 1 1/2-lb lobster) from time they enter water.
- ☐ Transfer with tongs to a large colander to drain and cool. (Lobsters will not be fully cooked.) Return cooking water to a boil.
- ☐ Add potatoes to boiling water and simmer, uncovered, until just tender, 15 to 20 minutes.
- ☐ Drain in a colander.
- ☐ When lobsters are cool enough to handle, twist off claws (including knuckles) and crack with a meat mallet or rolling pin. Halve lobsters lengthwise using a large heavy knife. Reserve green tomalley and any orange roe from bodies for another use if desired.

- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (moderately high heat for gas).
- ☐ While grill heats, whisk together vinegar, lemon juice, garlic, red-pepper flakes, sugar, and salt in a bowl.
- ☐ Add oil in a slow stream, whisking until well blended, then stir in basil.
- ☐ Halve potatoes. Oil grill rack, then grill potatoes, cut sides down, covered only if using a gas grill, turning over once, until grill marks appear, about 4 minutes total.
- ☐ Transfer to a bowl and toss with 2 tablespoons vinaigrette. Keep potatoes warm, covered.
- ☐ Oil grill rack, then grill 4 lobster halves, cut sides down, and all of claws, covered only if using a gas grill, until grill marks appear on meat, about 4 minutes. Turn over bodies and claws and grill in same manner 4 minutes more.
- ☐ Transfer to a large bowl and toss with 1/4 cup vinaigrette, then keep warm, covered. Grill remaining lobster halves in same manner and add to same bowl, tossing to coat.
- ☐ Arrange arugula on a large platter and top with grilled lobster and potatoes.
- ☐ Drizzle with 1/2 cup vinaigrette and serve remaining vinaigrette on the side.
- ☐ •Lobsters can be cooked in 2 batches in an 8- to 10-quart pot. •If you aren't able to grill outdoors, lobsters and potatoes can be cooked in a hot oiled well-seasoned large (2-burner) ridged grill pan over moderately high heat.

Nutrition Facts



Properties

Glycemic Index:56.9, Glycemic Load:1.27, Inflammation Score:-9, Nutrition Score:34.948261012202%

Flavonoids

Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg Hesperetin: 2.99mg, Hesperetin: 2.99mg, Hesperetin: 2.99mg, Hesperetin: 2.99mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 17.45mg, Kaempferol: 17.45mg, Kaempferol: 17.45mg, Kaempferol: 17.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 372.3kcal (18.61%), Fat: 9.16g (14.09%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 41.25g (13.75%), Net Carbohydrates: 36.33g (13.21%), Sugar: 5.5g (6.11%), Cholesterol: 201.62mg (67.21%), Sodium: 1022.42mg (44.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.16g (64.31%), Selenium: 102.66µg (146.66%), Copper: 2.51mg (125.46%), Vitamin K: 78.16µg (74.44%), Potassium: 1581.92mg (45.2%), Zinc: 6.66mg (44.42%), Vitamin C: 36.09mg (43.75%), Phosphorus: 428.38mg (42.84%), Magnesium: 138.24mg (34.56%), Vitamin B12: 1.98µg (33.07%), Manganese: 0.65mg (32.7%), Vitamin B5: 3.2mg (32%), Vitamin B6: 0.63mg (31.72%), Vitamin A: 1442.65IU (28.85%), Folate: 111.24µg (27.81%), Vitamin B3: 5.37mg (26.87%), Calcium: 248.57mg (24.86%), Fiber: 4.92g (19.69%), Vitamin E: 2.81mg (18.71%), Iron: 3.09mg (17.17%), Vitamin B1: 0.25mg (16.57%), Vitamin B2: 0.15mg (8.58%)