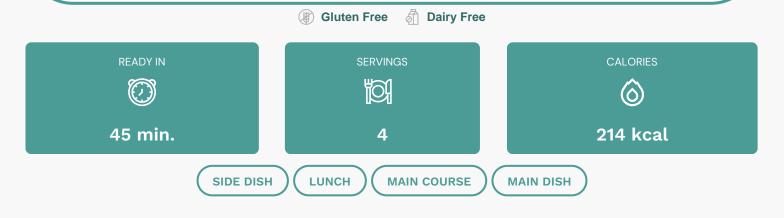


Lobster and Pineapple Salad with Basil and Mint



Ingredients

1 tablespoon fish sauce
2 peas with leaves, halved lengthwise
O.3 teaspoon pepper black
2 tablespoons basil fresh chopped
3 tablespoons mint leaves fresh chopped
1 garlic clove smashed
2 tablespoons juice of lime fresh

	2.5 lb pd of lobster
	1 bell pepper red cut into 1/4-inch dice
	0.5 teaspoon salt
	1 teaspoon serrano chiles fresh minced
	1 small shallots thinly sliced
	1 tablespoon sugar
	0.3 cup vegetable oil
Εq	uipment
	bowl
	sauce pan
	knife
	whisk
	pot
	sieve
	tongs
Di	rections
	Plunge lobsters headfirst into an 8-quart pot of boiling salted water. Loosely cover pot and cook lobsters over moderately high heat 9 minutes from the time they enter water, then transfer with tongs to sink to cool.
	Remove meat from claws, joints, and tails. Discard (or save for another use) tomalley, any roe, and shells.
	Cut meat into 1/2-inch pieces and sprinkle with salt and pepper.
	While lobsters are cooling, cut pulp in 1 or 2 large pieces out of each pineapple half with grapefruit knife, then discard core and cut pulp into 1/2-inch pieces. Scrape juice and any remaining pulp from pineapple shells with a spoon (to form 1/4-inch-thick shells) into a fine sieve set over a bowl and drain until you have 2 to 3 tablespoons juice, about 2 minutes. Discard solids.
	Cook oil and garlic in a small saucepan over moderately low heat, stirring, until garlic is golden. 2 to 3 minutes, then discard garlic.

Nutrition Facts
· If you can't find baby pineapples, you can substitute 1 cup pineapple pieces from a firm-ripe regular pineapple.
Add shallot, bell pepper, pineapple pieces, chile, and herbs. Toss lobster with pineapple mixture and serve mounded in pineapple shells.
Add garlic oil to pineapple juice along with lime juice, fish sauce, and sugar, whisking untilsugar is dissolved.

PROTEIN 26.05% FAT 59.82% CARBS 14.13%

Properties

Glycemic Index:77.11, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:17.208260795344%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Naringenin: 0.03mg, Nar

Nutrients (% of daily need)

Calories: 213.65kcal (10.68%), Fat: 14.38g (22.13%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.38g (2.32%), Sugar: 5.08g (5.65%), Cholesterol: 100.81mg (33.6%), Sodium: 983.26mg (42.75%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 14.09g (28.18%), Selenium: 51.15µg (73.07%), Copper: 1.11mg (55.39%), Vitamin C: 42.88mg (51.98%), Vitamin K: 31.16µg (29.68%), Vitamin A: 1160.5IU (23.21%), Zinc: 2.98mg (19.9%), Vitamin B12: 1.01µg (16.9%), Vitamin E: 2.31mg (15.39%), Phosphorus: 146.03mg (14.6%), Vitamin B5: 1.3mg (13%), Magnesium: 47.85mg (11.96%), Vitamin B6: 0.23mg (11.54%), Manganese: 0.2mg (9.79%), Vitamin B3: 1.78mg (8.9%), Calcium: 87.24mg (8.72%), Potassium: 295.96mg (8.46%), Folate: 32.23µg (8.06%), Fiber: 1.27g (5.06%), Iron: 0.72mg (3.98%), Vitamin B2: 0.05mg (3.22%), Vitamin B1: 0.04mg (2.98%)