



## Lobster Cantonese

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon cornstarch
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons fermented black beans chinese rinsed finely chopped
- ☐ 2 teaspoons ginger fresh peeled finely chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 0.3 lb ground pork
- ☐ 3 lb pd of lobster

- ☐ 0.8 cup chicken broth reduced-sodium
- ☐ 0.3 cup rice wine dry chinese
- ☐ 4 spring onion trimmed cut into 1 1/2-inch pieces
- ☐ 2 teaspoons sesame oil
- ☐ 3 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vegetable oil

## Equipment

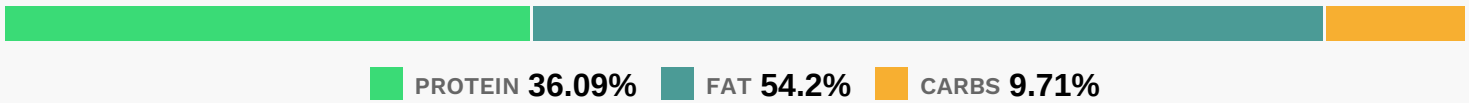
- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ wok
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ tongs
- ☐ colander
- ☐ cleaver

## Directions

- ☐ Bring 6 quarts water with 3 tablespoons salt to a boil in an 8- to 10-quart pot over high heat.
- ☐ Meanwhile, stir together cornstarch, broth, rice wine, soy sauce, sugar, and pepper in a small bowl until sugar is dissolved.
- ☐ Plunge lobsters headfirst into boiling water, then cover tightly and cook for 2 minutes from time lobsters enter water.
- ☐ Transfer lobsters with tongs to a large bowl of ice and cold water to stop cooking (lobsters will not be fully cooked), then drain lobsters in a colander. When cool enough to handle, twist off tail and claws (including joints) of 1 lobster.
- ☐ Cut body in half lengthwise through shell with shears, then remove and discard sand sacs from inside head.

- ☐ Cut body in half again crosswise. Halve tail lengthwise through shell with a cleaver or large heavy knife, then cut each half crosswise into 4 pieces. Working with same lobster, 1 claw at a time, wrap claws with joints in a kitchen towel and twist off claws from joints. Unwrap claws, then crack joints with a mallet or back of a large heavy knife. Chop claws in half lengthwise between pincers with a cleaver or large heavy knife.
- ☐ Transfer lobster pieces to a bowl, keeping meat in shells. Repeat with second lobster, putting pieces of second lobster in another bowl.
- ☐ Heat wok over high heat until a drop of water evaporates instantly.
- ☐ Pour 1 tablespoon vegetable oil down side of wok, then tilt wok to swirl oil, coating side. When oil begins to smoke, add pieces of 1 lobster and stir-fry just until meat starts to turn opaque, about 1 1/2 minutes.
- ☐ Transfer cooked lobster with a slotted spoon to a large bowl. Repeat with second lobster, transferring cooked pieces to same bowl.
- ☐ Add remaining tablespoon vegetable oil to wok, swirling to coat, then add beans, garlic, ginger, scallions, and pork and stir-fry until pork is no longer pink, about 1 minute.
- ☐ Stir cornstarch mixture, then add to pork in wok and bring to a boil.
- ☐ Add lobster and stir to coat, then reduce heat and simmer, covered, 2 minutes.
- ☐ Remove lid and pour eggs over lobster mixture in a thin circular stream. Cover wok and simmer just until eggs begin to set, 1 to 2 minutes.
- ☐ Drizzle with sesame oil, then gently toss.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:48.52, Glycemic Load:1.16, Inflammation Score:-4, Nutrition Score:20.512173984362%

## Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

## Nutrients (% of daily need)

Calories: 332.39kcal (16.62%), Fat: 19.02g (29.27%), Saturated Fat: 4.7g (29.35%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 6.45g (2.34%), Sugar: 1.94g (2.16%), Cholesterol: 234.38mg (78.13%), Sodium: 1224.81mg (53.25%), Alcohol: 2.41g (100%), Alcohol %: 1.2% (100%), Protein: 28.5g (57%), Selenium: 75.91µg (108.44%), Copper: 1.38mg (68.87%), Vitamin K: 37.92µg (36.12%), Zinc: 4.48mg (29.9%), Phosphorus: 291.73mg (29.17%), Vitamin B12: 1.66µg (27.6%), Vitamin B5: 2.03mg (20.25%), Vitamin B3: 3.99mg (19.93%), Vitamin B1: 0.25mg (16.97%), Vitamin B6: 0.31mg (15.47%), Vitamin B2: 0.24mg (14.12%), Magnesium: 54.8mg (13.7%), Potassium: 421.82mg (12.05%), Calcium: 116.82mg (11.68%), Vitamin E: 1.75mg (11.64%), Manganese: 0.19mg (9.71%), Iron: 1.68mg (9.32%), Folate: 32.98µg (8.24%), Vitamin A: 261.25IU (5.23%), Fiber: 1.22g (4.88%), Vitamin C: 2.97mg (3.6%), Vitamin D: 0.5µg (3.33%)