



Lobster Lo Mein Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



598 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 tablespoons asian fish sauce
- ☐ 0.5 teaspoon pepper red crushed to taste
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 teaspoon ginger fresh finely grated
- ☐ 2 garlic cloves minced
- ☐ 4 servings ice water
- ☐ 2.5 tablespoons juice of lime fresh
- ☐ 4 pound live lobsters or cooked

- ☐ 1 pound lo mein noodles dried chinese
- ☐ 4 servings pepper freshly ground
- ☐ 0.3 cup peanuts salted
- ☐ 1 tablespoon japanese hijiki seaweed dried
- ☐ 1.3 teaspoons asian sesame oil
- ☐ 0.3 pound snow peas
- ☐ 2 teaspoons soya sauce
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup water boiling

Equipment

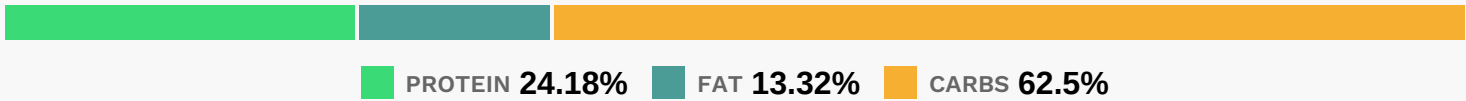
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon
- ☐ tongs
- ☐ colander

Directions

- ☐ If using live lobsters, plunge them head first into a large saucepan of boiling water and cook until they are bright red all over, about 8 minutes. Using tongs, remove the lobsters to a bowl. When they are cool enough to handle, crack the claws and tail and remove all the meat. Slice the tail and claw meat 1/4 inch thick and refrigerate until ready to use.
- ☐ Put the hijiki in a small bowl, add the boiling water and set aside until softened, about 15 minutes. In a small bowl, combine the soy sauce with the 1 teaspoon sugar and 1/4 teaspoon sesame oil.
- ☐ Drain the hijiki and add it to the bowl. Set aside for at least 10 minutes.
- ☐ In a medium saucepan of boiling water, blanch the snow peas until bright green, about 1 minute. Using a slotted spoon, transfer the snow peas to the ice water to stop the cooking.
- ☐ Drain and pat dry, then slice the snow peas lengthwise into thin strips.

- ☐ In a bowl, combine the garlic, ginger, crushed red pepper, fish sauce, lime juice and the remaining 2 tablespoons sugar and 1 teaspoon sesame oil. Stir in 5 tablespoons of water.
- ☐ Bring a large saucepan of water to a boil.
- ☐ Add the noodles and cook, stirring, until al dente, about 4 minutes.
- ☐ Drain the noodles in a colander and return them to the saucepan. Fill the pan with cold water and swirl the noodles around, then drain. Repeat the process one more time.
- ☐ Drain the noodles well.
- ☐ In a large bowl, combine the noodles with the lobster, snow peas and the hijiki and its marinade. Toss well, using clean hands or tongs.
- ☐ Add the fish sauce dressing and the cilantro leaves, season with pepper and toss well. Turn the salad out onto a large platter, sprinkle the peanuts on top and serve.
- ☐ Wine Recommendation: A straightforward Riesling with a hint of sweetness will underscore the richness of the lobster and balance the Asian flavors of the seaweed and fish sauce. Consider the 1994 Sichel Piesporter Goldtröpfchen Riesling Spätlese from Germany or the 1993 Columbia Winery Cellarmaster's Reserve Johannisberg Riesling from Washington State.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:4.38, Inflammation Score:-7, Nutrition Score:22.905652274256%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 597.8kcal (29.89%), Fat: 8.85g (13.61%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 93.4g (31.13%), Net Carbohydrates: 89.58g (32.57%), Sugar: 8.21g (9.12%), Cholesterol: 161.3mg (53.77%), Sodium: 2877.32mg (125.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.13g (72.26%), Selenium: 84.07µg (120.09%), Copper: 1.87mg (93.51%), Zinc: 4.89mg (32.58%), Magnesium: 117.29mg (29.32%), Vitamin B12: 1.7µg (28.26%), Phosphorus: 265.98mg (26.6%), Vitamin C: 20.74mg (25.14%), Manganese: 0.47mg (23.73%), Vitamin B5: 2.26mg (22.57%), Vitamin B3: 4.27mg (21.33%), Vitamin B6: 0.33mg (16.3%), Calcium: 154.47mg (15.45%), Fiber: 3.83g (15.31%),

Potassium: 484.39mg (13.84%), Folate: 52.11µg (13.03%), Vitamin K: 11.69µg (11.14%), Vitamin A: 464.36IU (9.29%),
Vitamin E: 1.39mg (9.26%), Iron: 1.52mg (8.45%), Vitamin B1: 0.11mg (7.25%), Vitamin B2: 0.08mg (4.47%)