

DINNER

Lobster Rolls with Curry Mayonnaise

23 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
87 min	20 min	67 min	8	\$7.39	688 kcal



Lobster Rolls with Curry Mayonnaise takes roughly 1 hour and 27 minutes from beginning to end. Watching your figure? This pescatarian recipe has 807 calories, 29g of protein, and 56g of fat per serving. This recipe serves 8 and costs \$7.39 per serving.

Ingredients

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| ☐ ½ cup celery, cut into 1/4-inch slices | ☐ ¼ cup coarsely chopped cilantro leaves |
| ☐ 3 tablespoons Madras curry powder | ☐ 2 cloves garlic, finely diced |
| ☐ 8 hot dog buns | ☐ 2 tablespoons fresh lime juice |
| ☐ 4 cups pounds (about grilled lobster meat, cut into 1/2-inch chunks, from 4 (2 to 3-pound) lobsters cut into 1/2-inch chunks, from 4 2 to 3-pound lobsters | ☐ 2 cups good quality mayonnaise |
| ☐ ¼ cup olive oil or unsalted butter | ☐ 2 tablespoons olive oil |
| ☐ 1 small Spanish onion, finely diced | ☐ ¼ cup finely chopped red onion |

☐ 8 servings Salt and freshly ground black pepper

☐ ¼ cup cold water

EQUIPMENT Bowl, Sauce pan, Blender, Grill

Method

- 1 Watch how to make this recipe.
- 2 Combine all the ingredients in a large bowl and season with salt and pepper, to taste.
- 3 Split the rolls and brush with olive oil or butter. Grill, split-side down, until golden, about 30 to 45 seconds. Fill each roll with some of the lobster salad and serve immediately.
- 4 Heat olive oil in a small saucepan over medium heat.
- 5 Add onions and garlic and cook until soft, about 3 to 4 minutes.
- 6 Add curry powder and cook for 2 to 3 minutes.
- 7 Add water and cook a few minutes longer.
- 8 Remove mixture from heat and let cool.
- 9 Place curry mixture, mayonnaise and lime juice in a blender and blend until smooth; season with salt and pepper, to taste. Refrigerate until ready to use.

Nutrition per serving

688	25 g	54 g	25 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			11.3 g · 71% of daily needs
Fibre			1.9 g · 8% of daily needs
Sugar			4.2 g · 5% of daily needs
Sodium			1,074 mg · 47% of daily needs
Cholesterol			189 mg · 63% of daily needs
Vitamin C			3.5 mg · 4% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/lobster-rolls-with-curry-mayonnaise-144856