

SIDE DISH

Lobster Salad with Walnut Aioli

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$3.44	312 kcal

Lobster Salad with Walnut Aioli requires roughly 45 minutes from start to finish. This pescatarian recipe serves 6 and costs \$3.44 per serving. One portion of this dish contains about 8g of protein, 29g of fat, and a total of 312 calories. 1 person were glad they tried this recipe.

Ingredients

☐ 6 leaves Bibb lettuce	☐ 2 slices stale bread, crusts removed
☐ 6 servings Garnish: chili oil, lemon wedges, fresh thyme	☐ 2 garlic cloves, crushed
☐ 1½ pounds cooked lobster tails, shelled and cut into chunks cut into chunks*	☐ 3 tablespoons olive oil
☐ 0.1 teaspoon freshly ground pepper	☐ ¼ teaspoon salt
☐ 2 tablespoons sour cream	☐ ½ cup walnuts
☐ ½ cup water	☐ 2 tablespoons white wine vinegar

EQUIPMENT Food processor, Bowl

Method

- 1 Place bread slices in a shallow dish; cover with water.
- 2 Let stand 1 minute or until bread soaks up water; squeeze excess water from bread.
- 3 Pulse walnuts in a food processor just until finely ground.

- 4 Add bread, garlic, and sour cream; pulse until blended. With processor running, slowly add vinegar and oil through food chute.
- 5 Combine walnut mixture, salt, pepper, and lobster in a large bowl.
- 6 Place 1/2 cup lobster mixture in the center of each lettuce leaf.
- 7 Garnish, if desired.
- 8 *Cook 3, whole 1-pound lobsters and garnish each plate with claw meat.

Nutrition per serving

312
KCAL

8 g
PROTEIN

29 g
FAT

7 g
CARBS

Saturated Fat	4 g · 25% of daily needs
Fibre	1.2 g · 5% of daily needs
Sugar	1.1 g · 1% of daily needs
Sodium	280 mg · 12% of daily needs
Cholesterol	42.7 mg · 14% of daily needs
Vitamin C	1.1 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/lobster-salad-with-walnut-aioli-148592