



Spice Rubbed Bahamian Lobster Tail with Red Chile-Coconut Sauce



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 2 tablespoons canola oil
- ☐ 4 servings canola oil
- ☐ 6 chile de árbol whole
- ☐ 4 cups fish stock
- ☐ 4 servings cilantro leaves fresh for garnish
- ☐ 3 tablespoons cilantro leaves fresh finely chopped

- ☐ 2 cloves garlic coarsely chopped
- ☐ 2 inch garlic fresh coarsely chopped
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground ginger
- ☐ 1 tablespoon honey
- ☐ 1 juice of lime
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon brown sugar light
- ☐ 4 spiny lobster Bahamian lobster
- ☐ 1 teaspoon habanero powder
- ☐ 2 teaspoons onion powder
- ☐ 1 teaspoon coarse pepper black
- ☐ 1 onion red coarsely chopped
- ☐ 1 roasted pepper pureed red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 teaspoon thyme leaves dry
- ☐ 1 cup coconut milk unsweetened

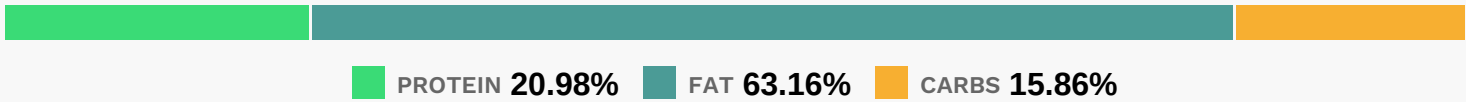
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat oil in a medium saucepan over high heat.
- ☐ Add the onion and cook until soft.
- ☐ Add the garlic, ginger and chile de arbol and cook for 1 minute.
- ☐ Add the stock and roasted red pepper puree, and cook until reduced by half.
- ☐ Add the coconut milk and cook again until reduced by half, stirring occasionally.
- ☐ Add the lime juice, honey and cilantro and season with salt and pepper.
- ☐ Remove from the heat.
- ☐ Whisk together all spices in a medium bowl.
- ☐ Bring a large stockpot filled with salted water to a boil.
- ☐ Add the lobsters and parboil lobsters for approximately 12 minutes.
- ☐ Remove and place in a bowl of ice water.
- ☐ Drain well.
- ☐ Remove the meat
- ☐ from the tail and cut into 1-inch pieces. Dredge the lobster meat in spices and tap off the excess.
- ☐ Heat a few tablespoons of oil in a large saute pan over high heat until shimmering.
- ☐ Add the lobster and cook until golden brown on all sides.
- ☐ Ladle some of the Red Chile-Coconut Sauce onto a large platter and top with the lobster meat.
- ☐ Garnish with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:95.57, Glycemic Load:3.31, Inflammation Score:-8, Nutrition Score:28.403912896695%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 530.28kcal (26.51%), Fat: 38.22g (58.8%), Saturated Fat: 14.87g (92.93%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 17.68g (6.43%), Sugar: 11.31g (12.56%), Cholesterol: 160.02mg (53.34%), Sodium: 2614.72mg (113.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.12%), Selenium: 87.85µg (125.5%), Copper: 2.07mg (103.67%), Manganese: 1.54mg (77.13%), Phosphorus: 372.68mg (37.27%), Zinc: 5.45mg (36.33%), Vitamin E: 5.35mg (35.64%), Vitamin B3: 6.21mg (31.07%), Vitamin B12: 1.82µg (30.32%), Calcium: 239.01mg (23.9%), Magnesium: 91.57mg (22.89%), Potassium: 801.24mg (22.89%), Vitamin B5: 2.06mg (20.56%), Vitamin K: 19.5µg (18.57%), Vitamin C: 14.81mg (17.95%), Iron: 2.96mg (16.42%), Vitamin B6: 0.32mg (16.17%), Fiber: 3.91g (15.64%), Folate: 42.65µg (10.66%), Vitamin B2: 0.13mg (7.71%), Vitamin A: 336.82IU (6.74%), Vitamin B1: 0.08mg (5.43%)