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## Broiled Lobster with Garlic Oil

Quick Meal

Broiling concentrates lobsters natural sweet flavor, and butter compliments its richness. If you cant bring yourself to split a live lobster, have the fishmonger do it for you.

### Ingredients

- 2 cloves finely chopped garlic
- 1/4 cup mild extra virgin olive oil
- 1 tablespoon melted butter
- 4 live lobsters (2 pounds each)
- Coarse (kosher) salt

### Directions

1. Set broiler rack at least 6 from the flame, and heat the broiler. Mix together garlic, olive oil and melted butter, and keep warm.
2. Using a large, sharp chefs knife or a Chinese cleaver, hold the lobsters down firmly to a cutting board, and split them in half from head to end. Gently crack the claws by striking them with a meat mallet, small hammer or the spine of the knife. Scoop out the viscera behind the mouth parts, and remove the green roe sacs. Transfer, cut side up, to broiling pans.
3. Brush the lobsters liberally with the butter mixture, and season with a small pinch of coarse salt.
4. Broil four minutes; baste with butter mixture, then finish broiling 3 minutes more. Serve one lobster per person.

[ IN BRIEF ]

Servings: 6  
Prep time: 10 minutes  
Bake/Cook time: 15 minutes

[ NUTRITION PER SERVING ]

**Carbohydrates:** 4 grams  
**Net Carbs:** 4 grams  
**Protein:** 128 grams  
**Fat:** 23 grams  
**Calories:** 766

Cost for  
Atkins Plus:

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[http://www.atkinscenter.com/food/recipes/all/Broiled\\_Lobster\\_with\\_Garlic\\_Oil.html](http://www.atkinscenter.com/food/recipes/all/Broiled_Lobster_with_Garlic_Oil.html)

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