



You can't beat fresh lobster. This simple dish combines the great textures of crunchy fennel, creamy guacamole and sweet meaty lobster.

LOBSTER SALAD WITH MARINATED FENNEL & CHUNKY SPICY GUACAMOLE

Serves 4

Ingredients

- 2 live lobsters, 450g (1lb) each
- 2 carrots, peeled and roughly chopped
- 1 small onion, peeled and roughly chopped
- 1 leek, trimmed and roughly chopped
- 1 avocado
- ½ red onion, peeled and finely diced
- 1 small red chilli, de-seeded and diced
- 1 tbsp crème fraîche
- 2 tsp chopped coriander
- Salt and cracked black pepper
- 2 limes
- 1 fennel bulb
- 1 tsp tarragon
- 1 tsp chervil
- 1 tsp dill
- 1 tsp olive oil

Preparation

- 1 Keep the lobsters in the fridge for 1 hour before cooking so they are in a docile state when the time comes to cook them.

Method

- 1 Cook the lobsters in a pan of salted boiling water for 7 minutes. Remove from the water and allow to cool.
- 2 Using a sharp chopping knife, push the tip of the blade into the head until it cuts right through, then cut downwards towards the tail, splitting the body in two. Clean out the head sacks and run the shell under cold water. Take out the tail meats and remove the trail.
- 3 Slice the tail meats into 1cm (½in) pieces and then place back in the opposite half of the shell to the one you removed the meat from, coloured side up.

- 4 Crack the claws and remove the meat. Place the meat in the shell of the head.
- 5 Cut the avocado in half and remove the stone. Peel away the skin and cut into 2.5cm (1in) chunks.
- 6 Using a fork, roughly mash the avocado and add the red onion, chilli, crème fraîche, coriander and salt and pepper. Finish with the juice of one lime, or to taste.
- 7 Using a mandoline or a sharp knife, finely slice the fennel. Put in a bowl and add the tarragon, chervil, dill and a squeeze of lime. Add the olive oil and season with salt and pepper. Mix well.
- 8 To finish, place half a lobster on each dish and accompany with a pile of marinated fennel and a generous spoonful of the avocado guacamole.