

# Western Australian Rock Lobster, Avocado & Mango salad

30-40 mins | Serves 4

Recipe created by Matt Moran

If your lobster is live place into a freezer for 1 hour to put to sleep.

Place a large saucepan of salted water on a high heat and bring to the boil, place the lobster straight from the freezer into the boiling water and cook for 20-22 mins, once cooked remove from the boiling water and place straight into ice water.

While the lobster is cooling, using a sharp knife peel and de-seed the avocado cut into 1cm even pieces and place into a large bowl, cut the mango into cheeks and using a large serving spoon scoop out the flesh from the skin and cut into 1 cm even dices and place into the mixing bowl.

Once the lobster is chilled, remove the head and discard, using a knife through the back of tail lengthwise down the middle to split the tail into two pieces, remove the meat from the tail and place the two tail shells aside, remove the intestinal vein and discard, cut the tail meat into 2-3cm even pieces and place into the bowl with the avocado and mango. Add the finely diced chilli, lime juice, chopped chives, lime zest and olive oil, lightly toss the salad together ensuring not to mash the avocado and mango.

Tear the mint leaves in half, keeping a few Baby leaves for garnish, place the torn leaves through the salad, season to taste with salt and pepper.

Place the lobster tail shells onto a serving plate and place the salad into the shells to serve, garnish with the baby mint leaves, sliced radishes and lime wedge.



## INGREDIENTS

- 1 x 1kg WA Rock lobster
- 1 avocado, ripe
- 1 mango, ripe
- ½ bunch radish, sliced
- ½ bunch mint, leaves picked
- 1 red chilli, seeds removed finely diced
- ½ bunch chives, finely sliced
- 1 lime, zest and juice
- 70mls Olive oil





Good choice, WA.

# HOW TO MAKE A GOOD CHOICE WHEN SHOPPING LOCAL

## Look out for the Buy West Eat Best logo

When you see the distinctive Buy West Eat Best bite mark logo you can be assured that you are buying quality food that has been grown, farmed, fished, processed and prepared right here in Western Australia. You can identify these products by looking out for the Buy West Eat Best logo on produce and grocery items in your supermarket or head to [buywesteatbest.org.au](http://buywesteatbest.org.au) to check out our member directory.

## Know what local produce is in season

Knowing and buying Western Australian fruit and vegetables during the peak growing season means you are usually eating them at their best quality and when they are in abundance, lowering the purchase costs. Check what's in season now.

## Supporting restaurants supporting local





Buy West Eat Best not only supports West Aussie producers, it also supports the WA food service industry through our restaurants, caterers and readymade meal providers. These members actively choose to support the eat local philosophy which helps you to make a good choice when you dine out or eat in.



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