



# CRISPY LOBSTER SPRING ROLLS WITH MANGO CHUTNEY

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Category: Lobster

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## **Crispy Lobster Spring Rolls with Mango Chutney**

Lobster spring rolls are a unique and luxurious twist on a classic appetizer. The delicate and sweet flavors of the lobster, paired with a crispy outer layer, create a mouthwatering dish that's sure to impress your guests.

To elevate the taste even further, these spring rolls are served with a tangy and sweet mango chutney that complements the lobster's sweetness. Whether you're hosting a dinner party or enjoying a special meal, these crispy lobster spring rolls will be a hit!

### **Ingredients:**

For the Lobster Spring Rolls:

1 lb lobster tail (about 2-3 tails)

10 spring roll wrappers (rice paper or traditional wrappers)

1 tablespoon olive oil

1/2 cup julienned carrots

1/2 cup thinly sliced cucumber

1/4 cup finely chopped cilantro

1 tablespoon chopped green onions

1/2 teaspoon garlic powder

1/2 teaspoon ginger powder

Salt and pepper to taste

1/2 cup cornstarch (for coating)

2 cups vegetable oil (for frying)

For Mango Chutney:

1 ripe mango, peeled and diced

1/4 cup apple cider vinegar

2 tablespoons honey

1/4 teaspoon ground cinnamon

1/4 teaspoon ground ginger

1 tablespoon lime juice

Salt to taste

### **How to Make:**

Prepare the Lobster:

Bring a large pot of salted water to a boil. Add the lobster tails and cook for 4-6 minutes until the shells turn bright red. Remove the lobster from the water and let it cool.

Once cool enough to handle, remove the lobster meat from the shells and chop it into small bite-sized pieces. Set aside.

Prepare the Mango Chutney:

In a small saucepan, combine the diced mango, apple cider vinegar, honey, ground cinnamon, and ground ginger. Cook over medium heat for 10-12 minutes, stirring occasionally until the mango softens and the mixture thickens.

Stir in the lime juice and a pinch of salt. Remove from heat and let the chutney cool to room temperature.

Assemble the Spring Rolls:

Prepare a clean surface for rolling. Soak each spring roll wrapper in warm water for about 5-10 seconds, then lay it flat on the surface.

In the center of the wrapper, add a spoonful of lobster meat, followed by a few strips of julienned carrots, cucumber, cilantro, and green onions. Sprinkle with garlic powder, ginger powder, salt, and pepper.

Carefully fold in the sides of the wrapper, then roll it tightly, ensuring the filling stays in place. Repeat the process with the remaining wrappers and filling.

**Fry the Spring Rolls:**

Heat vegetable oil in a deep frying pan over medium-high heat.

While the oil heats, coat each spring roll lightly in cornstarch to create an extra crispy texture. Carefully place the spring rolls into the hot oil and fry for 3-4 minutes, or until golden brown and crispy on all sides.

Remove from the oil and place the spring rolls on a paper towel-lined plate to drain excess oil.

**Serve:**

Arrange the crispy lobster spring rolls on a serving platter and serve with the mango chutney on the side for dipping.

**Chef's Note:**

For a more intense flavor, you can add a dash of chili flakes to the mango chutney or incorporate finely chopped red chilies into the spring roll filling. This will provide a nice balance of sweetness and heat, making the dish even more exciting. Also, make sure the spring rolls are served fresh and crispy for the best experience!

**Nutritional Information (per serving, 2 spring rolls):**

Calories: 240

Protein: 12g

Carbohydrates: 28g

Fat: 10g

Fiber: 2g

Sugar: 10g

Sodium: 350mg

These lobster spring rolls are a perfect balance of rich flavors and textures, making them a standout dish for any occasion!