



LOBSTER PASTA

Category: Lobster

Published: January 30, 2025

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Lobster Pasta is the epitome of luxury in the world of pasta dishes. The sweetness of tender lobster meat paired with a rich, creamy sauce creates a mouthwatering combination that elevates a simple pasta meal to a decadent indulgence.

Whether you're celebrating a special occasion or just treating yourself to something special, this dish is sure to impress. With the addition of garlic, fresh herbs, and a hint of lemon, Lobster Pasta is bursting with flavor and sophistication.

It's the perfect balance of elegant ingredients that come together in a way that's both indulgent and satisfying.

Ingredients:

For the Pasta:

8 oz linguine, fettuccine, or spaghetti

Salt (for pasta water)

For the Lobster:

2 lobster tails (or about 1 lb lobster meat)

1 tbsp olive oil

1 tbsp butter

Salt and pepper to taste

For the Sauce:

1 tbsp olive oil

2 tbsp butter

4 cloves garlic, minced

1/2 cup white wine (such as Chardonnay or Sauvignon Blanc)

1/2 cup heavy cream

1/4 cup grated Parmesan cheese

1 tbsp fresh parsley, chopped

1 tbsp fresh lemon juice

Zest of 1 lemon

Red pepper flakes (optional for a bit of heat)

Salt and pepper to taste

How to Make:

Prepare the Lobster: Begin by boiling a pot of water. Using kitchen shears or a sharp knife, cut the lobster tails down the middle and remove the meat. If using whole lobster, boil it for about 5-7 minutes and remove the meat from the shells. Cut the lobster into bite-sized pieces and set aside.

Cook the Pasta: While you're preparing the lobster, cook the pasta according to the package directions in a large pot of salted boiling water until al dente, usually 8-10 minutes. Reserve about 1 cup of pasta water before draining the pasta. Drain and set the pasta aside.

Cook the Lobster: Heat 1 tablespoon of olive oil and 1 tablespoon of butter in a large skillet over medium heat. Season the lobster with a pinch of salt and pepper, then cook the lobster pieces in the skillet for about 3-4 minutes, turning occasionally, until they turn pink and opaque. Remove the lobster from the skillet and set it aside.

Make the Sauce: In the same skillet, add 1 tablespoon of olive oil and 2 tablespoons of butter. Once the butter melts, add the minced garlic and sauté for about 1 minute, being careful not to

burn the garlic. Pour in the white wine, scraping up any brown bits from the bottom of the skillet with a wooden spoon. Let the wine reduce for about 2-3 minutes.

Finish the Sauce: Lower the heat and add the heavy cream, Parmesan cheese, lemon juice, and zest. Stir to combine and allow the sauce to simmer for 3-4 minutes, or until it thickens slightly. If you prefer a thinner sauce, you can add a little bit of the reserved pasta water to reach your desired consistency. Season with salt, pepper, and red pepper flakes if desired.

Combine the Pasta and Lobster: Add the cooked pasta to the skillet with the sauce, tossing it gently to coat the pasta evenly. Add the cooked lobster pieces back into the skillet and toss again to combine everything. Cook for an additional 1-2 minutes to heat the lobster through.

Serve: Divide the lobster pasta among plates and garnish with freshly chopped parsley, an extra sprinkle of Parmesan cheese, and a squeeze of fresh lemon juice. Serve immediately while the pasta is warm and the sauce is creamy.

Chef's Note:

For the best flavor, always use fresh lobster. If you can't get lobster tails, you can substitute with cooked lobster meat or even

shrimp. For added depth, consider using a splash of seafood stock in the sauce instead of wine. If you want to make this dish even richer, a small amount of truffle oil drizzled on top just before serving would add a luxurious touch. This dish pairs wonderfully with a crisp white wine like Sauvignon Blanc or Chardonnay.

Nutrition Information (per serving, 4 servings total):

Calories: 560

Protein: 35g

Carbohydrates: 45g

Fat: 25g

Saturated Fat: 13g

Cholesterol: 110mg

Sodium: 650mg

Fiber: 2g

Sugars: 4g

Lobster Pasta is a rich and indulgent dish that brings the taste of the ocean to your plate, offering a perfect balance of creamy sauce, tender lobster, and perfectly cooked pasta. It's an elegant and delicious option for any occasion, offering both flavor and

sophistication in every bite. Whether you're entertaining or simply treating yourself, this lobster pasta is guaranteed to be a hit!