



Grilled Lobster Tails with Honey Cajun Butter

Serves 2

Ingredients

Lobster Ingredients:

3-4 lobster tails

2 tbsp of olive oil

½ tbsp of sea salt

½ tbsp of black pepper

chopped parsley for garnish

Honey Cajun Butter Sauce Ingredients:

4 tbsp of Butter

2 tbsp of Honey

1 lemon juiced

1 tbsp of Catch Cajun Seasoning

Directions:

Using a knife, carefully cut lengthwise down the shell of the lobster tail. Cut until you reach the tail/fin. Open the lobster tails up and cut the meat of the tails along the same line as the shell. Cut the spine on the bottom as well as the same line as the meat and shell. Open the lobster tails up to show the meat.

Lather with olive oil and season with sea salt and black pepper.

Preheat your grill to a medium high heat (around 400F).

Add your sauce skillet to the fire to preheat for 1 minute. Add butter, honey, lemon juice and Cajun seasoning to skillet and let melt.

Once melted, add the lobster tails flesh side down to the grill and cook for about 4 minutes or until the meat goes from translucent to white and the shell begins to turn red. Flip the lobster tails and begin to baste using the sauce. Cook for an additional 3 minutes or once the meat reads 145F internal.

Pull lobster tails off, rest for 1 minutes, top with chopped parsley and enjoy!