

Lobster and rice salad

Ingredients

For the lobster

- ½ shallot, finely chopped
- ½ lobster, cooked, meat chopped, (shell retained)
- pinch saffron, soaked in 2 tbsp boiling water
- 3 tbsp ready-made mayonnaise
- ½ lemon, zest only
- ½ lime, juice only

For the rice salad

- 15g/½oz watercress leaves, plus extra handful to serve
- ½ red baby pepper, chopped
- 85g/3oz long-grain rice, cooked according to packet instructions

Preparation method

1. For the lobster, in a bowl, mix together all of the lobster ingredients until well combined. Spoon two thirds of the mixture back into the lobster shell.
2. In a separate bowl, mix together the remaining lobster mixture with the rice salad ingredients until well combined.
3. To serve, place an 8cm/3in chefs' ring onto a serving plate and pack the rice mixture into it. Carefully remove the chefs' ring. Place the watercress leaves alongside and place the lobster shell on top.

less than 30 mins

preparation time

10 to 30 mins

cooking time

Serves 1

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