Lobster

Lobster Split in half and cleaned, or Lobster tail split in half

Herb butter:-

1 block butter, soft
1 lime, squeezed
2 oz. basil, fresh chopped
2 oz. cilantro, fresh chopped
2 tbsp. salt
1 tsp. cayenne

Vegetable Provencal style:-

1 zucchini, small, sliced
1 squash, small, sliced
½ eggplant, small, sliced
½ red pepper, small, medium dice
½ green pepper, small, medium dice
½ onion red, small, medium dice
½ tomato, small, medium dice
1 tsp. rosemary
1 tsp. salt
½ tsp. pepper, black ground
balsamic vinegar

Preheat oven to 375F

1. In blender, food processor, mixer or by hand if necessary. Whip together all the ingredients under ‘HERB BUTTER’. Set aside.
2. In sautee pan heat olive oil. Sear the lobster on both sides. Place in a roasting pan meat side up and spread butter on the tail. Place in oven until lobster tail is done. About 5 minutes.
3. In sautee pan, heat olive oil. Sautee the zucchini and squash, add the peppers, onions cook until soft about 5 minutes. Add the tomatoes, salt and pepper, and balsamic vinegar. Cook for additional 2 minutes.
4. Compose and Serve.