

Lobster Rolls; No Shells - No Fuss Recipe!

Takes me right back home to eating lobster on the dock! With modern processing of lobster these days, there is no need to deal with the shells.

A real time saver! Here is a refresher recipe to remind you of how easy they are to make.

SERVINGS: 4 | **PREP:** 10 minutes | **COOK TIME:** | **TOTAL TIME:** 10 minutes

INGREDIENTS

1 Pound Lobster Meat (Container)

1/4 Cup celery (Chopped)

1/8 Cup red Onion (Diced)

1/4 Cup Light Mayo

1/2 Cup Lettuce (Shredded)

1 Lemon (Squeeze Juice)

2 Tablespoons Parsley (Chopped)

4 Hotdog Buns

1 Teaspoon Cayenne Pepper

INSTRUCTIONS

Combine all ingredients into one bowl.

Toast 4 Lobster Rolls (this is optional)

Stuff each roll with lobster mixture and sprinkle with cayenne pepper.

Garnish with sprig of parsley for color.

*Turn your lobster rolls into appetizers by cutting them into three small pieces and serve on platter for guests. Don't forget the chips!

NOTES

Summer drinks that would pair well are strawberry or mango ice tea. Or glass of French White Wine, or chilled light Pinot Franc.

*You can buy lobster meat sold in one-pound containers at your local seafood market or distributor.

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