

## Caribbean Lobster Tail with Mango-Tomato Ceviche

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Total Time:** 30 minutes

**Ingredients:**

- 1 cup diced mango
- 3/4 cup diced tomato
- 2 lobster tails
- 2 Tablespoons cilantro
- 4 rucola leaves
- 1/2 seedless lime
- 1/2 teaspoon of white truffle oil
- Salt and pepper
- thyme
- rosemary

**Preparation:**

**Lobster Preparation**

Season the boiling water with aromatic herbs (thyme, rosemary, etc) and lime juice. Place the lobster tails in the water and let them absorb the herb flavors (8-10 min). Remove the tails from the water and refresh them in ice water. Once they have cooled, remove them from their shells. Note: Skewer the lobster lengthwise with bamboo to avoid the tails from curling.

**Ceviche Recipe**

Dice the mango into small cubes. Clean the tomato and take out the seeds. Chop the cilantro. Mix all in lime juice with salt and pepper.

**Rucola Decoration**

Wash the rucola and dry it, lightly seasoned in white truffle oil. Place the mango ceviche on plate like a kettledrum, with the sliced lobster on the front. Decorate with the rucola

