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# Grilled Lobster Spaghetti Mac Salad

Total time: 4 hrs   Yield: 6

## Ingredients

1 1/2 lb whole lobster (fresh or thawed) OR 8 oz. cooked lobster meat  
salt  
pepper  
16 oz spaghetti  
3 eggs (hard boiled)  
1 carrot (shredded)  
2 Tbsp white onion (finely chopped)  
1/4 cup green onion (sliced)  
1/4 cup Italian parsley (fresh, finely chopped)  
1 1/2 cup mayonnaise  
2 Tbsp Dijon mustard  
2 tsp olive oil

Prep Time: 1 hr   Cooking Time: 3 hrs   Total Time: 4 hrs

## Instructions

To prep frozen lobster, place in refrigerator for 10 hours. If time is a concern, place frozen lobster into a bowl of very cold water for 30 to 60 minutes, changing the water every 15 minutes.

Cut the lobster in half and season with salt and pepper. Lightly drizzle olive oil over the meat side only and place onto a hot grill, meat side down. Grill for 5 minutes, then brush the shell lightly with oil and flip it over, to grill for an additional 5 minutes, until the meat is firm and opaque. Set aside to cool; remove lobster meat from shell and chop.

Cook spaghetti according to package directions, 8 to 10 minutes. Drain and set aside to cool.

Chop the hard boiled eggs and add them to a large bowl along with the carrots, white and green onions and parsley. Add the cooled pasta and mix well. Then add the mayonnaise, mustard, lobster and salt and pepper to taste.

Refrigerate for 2 hours or more to allow the flavors to meld. Taste and adjust seasoning and mayonnaise before serving, if necessary. The perfect side dish for any summer meal!

## Recipe brought to you by:

Chef Adam Tabura