

Lobster Medallions in Tomato Sauce

Ingredients

- 100 grams raw lobster tail
- 1½ cups tomatoes, chopped
- 2 ounces tomato sauce
- 2 tablespoons lemon juice
- 1 clove of garlic, crushed and minced
- 1 tablespoon onion, minced
- 1 bay leaf
- ⅛ teaspoon thyme
- ⅛ teaspoon fresh tarragon, chopped
- Cayenne pepper to taste
- Chopped parsley
- Sea salt and fresh ground black pepper to taste

Makes 1 serving (1 protein, 1 vegetable)

23 grams protein

2 grams fat

175 calories

PHASE 3 MODIFICATIONS:

Add a drizzle of olive oil or add small cubes of cold unsalted butter and stir in quickly for a richer sauce. Add a splash of white wine or dry sherry and a tablespoon of heavy cream.

Directions

1. Slice medallions of lobster tail and weigh out 100 grams raw.
2. Sauté lobster in lemon juice and a little water then add garlic, onion, tomatoes, tomato sauce, and spices.
3. Simmer for 10-15 minutes and serve.



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