

CUCUMBER & LOBSTER

Time: 30 minutes

Serves: 4

Ingredients:

3 large cucumbers – peeled and julienned
1 teaspoon kosher salt
2 tablespoons soy sauce
1 tablespoon seasoned rice vinegar
1 teaspoon sesame oil
Sugar substitute equivalent to 1/8 teaspoon sugar
8 ounces lobster meat – cooked and roughly chopped

Preparation:

Toss the cucumber with the salt and let it rest in a colander while preparing the dressing.

In a small bowl, whisk together the soy sauce, vinegar, sesame oil and sugar substitute.

Move the cucumber to a bowl, then toss with the dressing and lobster. Serve immediately.

Nutritional Information Per Serving:

Calories: 90
Fat: 2g
Carbs: 5g
Fibre: 1g
Protein: 13g