

### **Grilled Lobster Tails with Avocado and Mango Salad with Citrus Dressing**

¾ cup olive oil  
½ cup orange juice, freshly squeezed  
2 tablespoons lime juice, freshly squeezed  
2 teaspoons grated orange rind  
Salt and pepper  
4 – 10 oz. lobster tails, thawed if frozen and cut in half lengthwise  
4 cups salad greens  
1 large avocado, peeled, pitted and diced into ½ inch cubes  
1 large mango, peeled, pitted and diced into ½ inch cubes  
½ cup cucumber slices  
½ small red onion, thinly sliced  
8 lime wedges for garnish

To make the dressing, whisk together the olive oil, orange juice, lime juice, orange rind and salt and pepper.

Brush the lobster tails with some of the citrus dressing and place the lobster tails on the grill, meat side up. Grill for 5 minutes and turn over. Continue to cook for 2-3 minutes or until the meat is cooked through in the center. Remove from grill and allow to rest for 3-4 minutes.

In a large bowl, toss the salad greens with ¼ cup of the dressing and divide between 4 plates. Toss the avocado, mango, cucumber, and red onion together with the remaining dressing and divide between the 4 plates. Place two lobster halves on each plate and garnish with lime wedges if desired.

Serve with Frei Brothers Reserve Russian River Valley Chardonnay.

Serves 4

