

Air Fryer Lobster Tails with LemonGarlic Butter

Jacob · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

2

Description

Air fry lobster tails for an elegant meal for two at home They come out succulent and meaty Delicious with lemony garlic butter and parsley

Ingredients

- - 2 (4 ounce) lobster tails - 4 tablespoons butter - 1 teaspoon lemon zest - 1 clove garlic
- grated - salt and ground black pepper to taste - 1 teaspoon chopped fresh parsley - 2 wedges lemon

Instructions

1. Gather all ingredients. Preheat an air fryer to 380 degrees F (195 degrees C). Dotdash Meredith Food Studios Butterfly lobster tails by cutting lengthwise through the centers of the hard top shells and meat with kitchen shears. Cut to
2. but not through
3. the bottoms of the shells. Dotdash Meredith Food Studios Spread tail halves apart. Place tails in the air fryer basket with lobster meat facing up. Dotdash Meredith Food Studios Melt butter in a small saucepan over medium heat. Add lemon zest and garlic; heat until garlic is fragrant
4. about 30 seconds. Dotdash Meredith Food Studios Transfer 2 tablespoons of butter mixture to a small bowl; brush this onto lobster tails. Discard any remaining brushed butter to avoid contamination from uncooked lobster. Season lobster with salt and pepper. Dotdash Meredith Food Studios Cook in the preheated air fryer until lobster meat is opaque
5. 5 to 7 minutes. Dotdash Meredith Food Studios Spoon reserved butter from the saucepan over lobster meat. Top with parsley and serve with lemon wedges. Dotdash Meredith Food Studios Recipe Tip You can use frozen lobster tails
6. just thaw them first before proceeding with the instructions.