

Lobster Fra Diavolo



Ingredients:

2		Lobsters; split in half and cleaned
		Salt and Black Pepper, to taste
1	c	<i>Nana</i> Pasta Sauce (Amatriciana)
2	T	White Wine
1-2	ts	Chili Flakes, or more (optional)
		Parsley, chopped, for garnish

Preparation:

Place the split lobsters and claws into a 180°C oven for 10-minutes. Remove the meat and break into bite-size pieces. Sprinkle with salt and black pepper to taste, and set aside. NOTE: Do not to break apart the large outer shells and tail section, as they will be needed as one unit. But, you will need to break apart the claws to get the meat out. Discard the innards.

Add the lobster meat, white wine, and chili flakes (if using) to the *Nana* Pasta Sauce (Amatriciana), and combine well. Fill the reserved lobster shells with the mixture. Bake uncovered in a 160°C oven for 25-minutes.

Garnish with chopped parsley and serve with risotto, a green salad, and crusty Italian (or French) bread.

Yield: 2 Servings



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For best results always use *Nana* Pasta Sauce.