



4 cups lower-sodium chicken broth

1 ½ cup water

3 (4-5 ounce) lobster tails)

2 ½ tbsp butter (divided)

¼ cup chopped onion

¼ cup chopped carrot

1 cup uncooked Arborio rice

¼ cup white wine

1 tbsp heavy cream

¾ cup frozen peas, thawed

1. Bring chicken broth and water to a boil in a medium saucepan. Add lobster and cook for 4 minutes. Remove lobster and let cool for 5 minutes. Reserve liquid in pot.
2. Using kitchen shears, cut down the middle of each lobster tail and peel shell away from meat. Clean lobster tails by removing digestive tract from middle of meat and rinsing if needed. Chop lobster into medium-sized chunks.
3. Heat skillet to medium heat. Add ½ tbsp butter, onion and carrot. Sauté 1-2 minutes. Add remaining 2 tbsp butter and Arborio rice. Cook for 2 minutes, stirring constantly. Add 1 cup reserved liquid to pan and stir into rice allowing all of liquid to be absorbed. Repeat with ½ cup liquid at a time, stirring constantly, until almost all liquid is absorbed. With last addition of liquid add white wine, cream, peas and lobster chunks. Continue stirring until all liquid is absorbed.

