

Garlic Butter Lobster Tails: A Restaurant-Quality Meal at Home

luxurious yet easy-to-make seafood dish



OVEN
450°F

TIME
20 min

TEMP
140°F

PRINT
Recipe Card

INGREDIENTS

- 2-4 lobster tails (about 4-6 ounces each)
- 4 tablespoons unsalted butter, melted
- 2 cloves garlic, minced
- 1 teaspoon lemon juice
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon paprika (for color)
- 1 teaspoon fresh parsley, chopped (for garnish)
- Lemon wedges (for serving)

How to Make Garlic Butter Lobster Tails:

1. Preheat the Oven:

2. Prepare the Lobster Tails:

Use kitchen scissors to cut down the top shell of each lobster tail, stopping at the tail fin.

Gently spread the shell apart and lift the lobster meat out, resting it on top of the shell while keeping it attached at the base.

3. Make the Garlic Butter Sauce:

4. Brush and Broil:

Place the lobster tails on the baking sheet.

Brush each tail generously with the garlic butter mixture.

Broil for 7-10 minutes (depending on size) or until the lobster meat is opaque and firm.

5. Garnish and Serve:

My Best Tips for Perfect Lobster Tails:

Use fresh lobster tails - Fresh or high-quality frozen lobster will give the best flavor.

Don't overcook! - Lobster should be opaque and firm but still juicy.

Broiling vs. Baking - Broiling gives a slightly charred top, while baking at 450°F for 12-15 minutes keeps it extra juicy.

Pair it with sides - Garlic butter lobster pairs well with mashed potatoes, roasted asparagus, or buttered pasta.

What to Serve with Garlic Butter Lobster Tails:

Steak for surf & turf - A perfect date night meal.

Garlic butter rice - Light, buttery, and flavorful.

Roasted or grilled vegetables - Asparagus, Brussels sprouts, or green beans.

A crisp white wine - Sauvignon Blanc or Chardonnay pairs beautifully.

FAQs:

DIRECTIONS

1. Preheat the Oven: Set your oven to broil (or preheat to 450°F if baking). Line a baking sheet with foil for easy cleanup.
2. Prepare the Lobster Tails: Use kitchen scissors to cut down the top shell of each lobster tail, stopping at the tail fin.
3. Gently spread the shell apart and lift the lobster meat out, resting it on top of the shell while keeping it attached at the base.
4. Make the Garlic Butter Sauce: In a small bowl, mix the melted butter, minced garlic, lemon juice, salt, pepper, and paprika.
5. Brush and Broil: Place the lobster tails on the baking sheet.
6. Brush each tail generously with the garlic butter mixture.
7. Broil for 7-10 minutes (depending on size) or until the lobster meat is opaque and firm.
8. Garnish and Serve: Remove from the oven, drizzle with more garlic butter, and sprinkle with fresh parsley. Serve with lemon wedges for extra flavor.
9. My Best Tips for Perfect Lobster Tails: Use fresh lobster tails - Fresh or high-quality frozen lobster will give the best flavor.
10. Don't overcook! - Lobster should be opaque and firm but still juicy.
11. Broiling vs. Baking - Broiling gives a slightly charred top, while baking at 450°F for 12-15 minutes keeps it extra juicy.
12. Pair it with sides - Garlic butter lobster pairs well with mashed potatoes, roasted asparagus, or buttered

pasta.

13. What to Serve with Garlic Butter Lobster Tails: Steak for surf & turf - A perfect date night meal.
14. Garlic butter rice - Light, buttery, and flavorful.
15. Roasted or grilled vegetables - Asparagus, Brussels sprouts, or green beans.
16. A crisp white wine - Sauvignon Blanc or Chardonnay pairs beautifully.
17. FAQs: Can I cook lobster tails on the grill?Yes! Grill over medium heat for 5-7 minutes, basting with garlic butter.
18. Can I use frozen lobster tails?Absolutely! Just thaw them overnight in the fridge before cooking.
19. How do I know when lobster is fully cooked?The meat should be opaque white and firm, and the internal temperature should be 140°F.
20. These : Garlic Butter Lobster Tails are simple, elegant, and full of flavor, making them a perfect choice for special occasions. Whether you're making them for Valentine's Day, a holiday dinner, or just to treat yourself, this recipe will never disappoint.
21. Give them a try and let me know how they turn out!

More recipes: [ChefManiac.com](https://chefmaniac.com)

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