

Melt-in-Your-Mouth Creamy Garlic Butter Lobster Tails

4 tablespoons unsalted butter



OVEN
375°F

TIME
1 to 2 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

2 lobster tails
4 tablespoons unsalted butter
4 cloves garlic, minced
1/4 cup heavy cream
1/4 cup grated Parmesan cheese
1 tablespoon lemon juice
Salt and pepper, to taste
Fresh parsley, chopped, for garnish
Optional: lemon wedges, for serving

DIRECTIONS

1. Prepare the lobster tails: Preheat your oven to 375°F. Using kitchen shears, carefully cut the top of each lobster shell lengthwise to expose the meat. Gently lift the meat and place it on top of the shell while keeping it attached at the base. This gives the lobster tails that beautiful presentation and helps them cook evenly.
2. Make the garlic butter cream sauce: In a small saucepan over medium heat, melt the butter. Add the minced garlic and sauté for 1 to 2 minutes, just until fragrant. Stir in the heavy cream, Parmesan cheese, and lemon juice. Continue cooking for 2 to 3 minutes, stirring often, until the sauce thickens slightly. Season with salt and pepper to taste.
3. Assemble the dish: Place the lobster tails on a baking sheet or in a small baking dish. Spoon the creamy garlic butter sauce generously over the exposed lobster meat, making sure every part is coated well.
4. Bake until tender: Bake for 15 to 20 minutes, or until the lobster meat is opaque and cooked through. The exact time can vary depending on the size of the tails, so check for doneness rather than relying only on the clock.
5. Garnish and serve: Sprinkle with fresh chopped parsley and serve with lemon wedges on the side. The extra squeeze of lemon right before serving adds the perfect finishing touch.

SWAPS & NOTES

Unsalted butter is ideal because it gives you better control over the seasoning, especially once the Parmesan is added.

If you only have salted butter, reduce the added salt and taste the sauce before serving.

Fresh garlic is strongly recommended here because it gives the sauce its signature flavor.

Bottled lemon juice can work in a pinch, but fresh lemon juice gives the dish a brighter, cleaner finish.

TIPS FOR SUCCESS

This is the most important step for getting that truly melt-in-your-mouth texture.

Once the meat turns opaque and firm, it is ready.

Overbaking can quickly make it rubbery.

Use kitchen shears instead of a knife for cutting the shell, since it is safer and gives you more control.

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

Original recipe: <https://chefmaniac.com/melt-in-your-mouth-creamy-garlic-butter-lobster-tails/>